REDBOOK
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Sexy ideas & random acts of sweetness
Sofia Vergara
at her funniest about men, motherhood, breakups, bras ...everything
YOU WIN!!
Giant fashion giveaway inside
Enter for a chance to win, p. 61
FAST (FREE) WAYS TO BE HEALTHIER & HAPPIER
Birth control that makes sex better
19 secret beauty shortcuts
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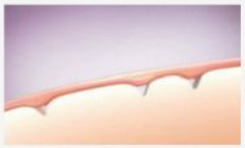
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No Worries Style

Want gorgeous, fuss-free hair that looks fantastic every day? Aussie's NEW styling products go the distance.

Radiantly healthy hair that looks good every day can sometimes seem like a fantasy. With Aussie's styling products it can be your reality, even when you're at your busiest. Find your ideal benefits below, then follow the simple styling tips for hair that will always look gorgeous.

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High humidity has met its match. With **Aussie Smoothing Serum,** you can keep your hair smooth and frizz under control for a full 24 hours. Its silicone oil base smoothes the hair's cuticle, giving you a non-stop good hair day.

DEFEND YOUR ENDS

Ragged ends make even the cutest cut look tired and fried. No matter if you blow dry or air dry, leave your hair feeling smooth and help minimize further damage with **Aussie's Split End Protector,** applied to wet hair.

LONG AND FLOWING

Whether you're growing out a shorter cut or already have down-to-there tresses, the key to enviable hair is healthy, strong strands. Shield strands against damage with **Aussie's conditioning Anti-Breakage Spray.**

SHIELD YOUR STRANDS

Curling rods, flat irons, and blow dryers work wonders when it comes to transforming hair—but they can wreak havoc on your strands. **Aussie's Heat Protecting Shine Spray** does double duty. It delivers polymers that help form a protective shield against heat, and leaves behind a naturally gorgeous shine.

BREAK FREE FROM FRIZZ

Turns out, healthy-looking hair does come in a bottle. **Aussie Anti-Frizz Cream** combats some of your hair's worst nightmares—humidity and frizz—so you can keep your style looking great from morning till night. Simply apply from root to tip, style as usual, and love your frizz-controlled locks.

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Ever notice how little kids have such shiny heads of hair? You can shine too with **Aussie Spray Gloss.** A quick spritz on your dry hairstyle adds incredible luminosity, with absolutely no sticky feel. No need to reapply throughout the day—Spray Gloss will shine on for hours.

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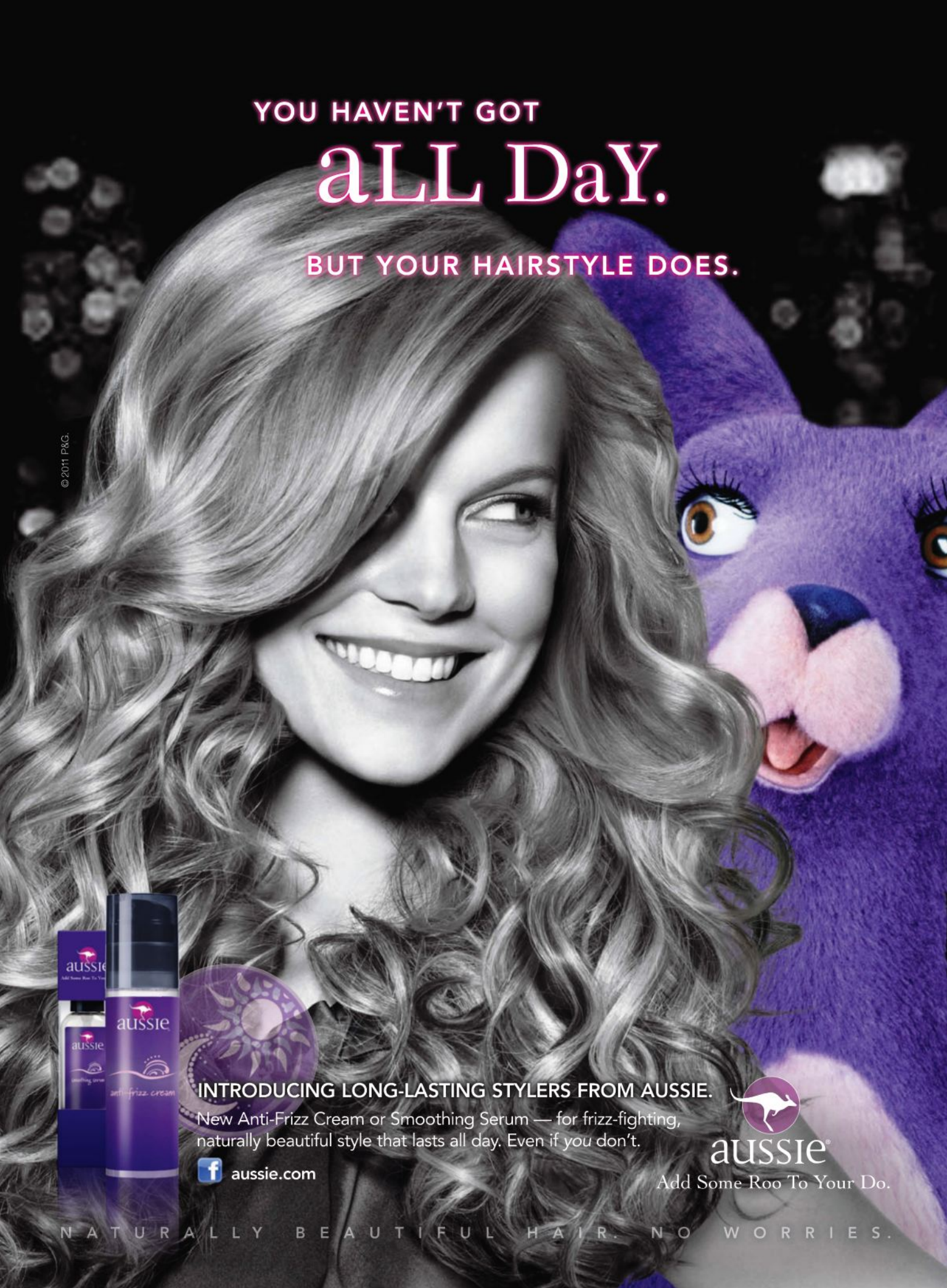
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Sofia Vergara photographed exclusively for REDBOOK by Ruven Afanador. Hair: Jen Atkin at The Wall Group. Makeup: Kayleen McAdams at The Wall Group. Manicure: Susan Nam for Polished Beauty Bar at ArtistsBy TimothyPriano.com. Stylist: Deborah Waknin at the Wall Group. Sequined top: Rachel Roy. Jeans: J Brand. Jewelry: Forevermark. Get Sofia's cover look with LashBlast Volume Blasting Mascara in Black, Simply Ageless Sculpting Blush in Lush Berry, and LipPerfection Lipcolor in Delight by CoverGirl; and Curly Hair Style Curl Enhancing Spray Gel and Curly Hair Style Heat Protection & Shine Spray by Pantene Pro-V.

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It's fall. Do you know what you're wearing?

I have a confession: The tattered, sun-bleached, really large cutoff shorts pictured below belong to me. I stole them from my father-in-law 20 years ago and I still wear them—yes, in public. They were the perfect choice for a vacation I took this summer with my family, llama trekking in New Mexico (that means backpacking, except llamas carry all the heavy stuff). We had a ball, and it was liberating to wear my ancient cutoffs, knowing that even if a llama dragged my butt down a trail, it would not destroy my shorts, because they're already destroyed!

It's easier to get away with such style sins in the summer, but come September, I always feel the need to sharpen up again. Maybe it's a remnant of back-to-school anxiety kicking in, motivating me to stare hard at my closet and wait for some kind of style revelation. If it doesn't arrive, I go shopping. My goal: spend very little while miraculously multiplying my wardrobe possibilities.

This year I'm getting help from Audrey Slater, REDBOOK's fashion director and outfit fairy. Back in March she produced a five-page style planner based on a unique premise: Partner with Yahoo! on a survey to find out what the majority of us already own, then combine those basics with a few perfect buys to create dozens of brand-new, adorable outfits. The feature was a huge hit with all of you, both in the magazine and online. Reader Janice Crills summed it up when she wrote to us: "Awesome, fantastic, WONDERFUL ideas! I look at this article at least a few times a week for inspiration." Don't worry, Janice, we're not leaving you high and dry for this month. Audrey does it again with "30 Days of New Outfits" (page 60). Also, check out gorgeous Leslie Mann having some fun with the classics (page 190), and be sure to enter one of our three style giveaways this month—because cheap 'n' chic is fun, but *free* 'n' chic is heaven.

I wore these on my llama trek!

Jill

Jill Herzig, Editor-in-Chief
Redbooked@hearst.com

We didn't stop with just 30 days of new outfits. Find two more weeks of sweet combos at redbookmag.com/14moreoutfits.

SOFIA'S A DESIGNER! She's teamed up with Kmart to create a new fall line, including the great styles she, her mother, and her sister are modeling above. Five of you will win $250 to buy your favorite pieces from her collection. Enter at redbookmag.com/sofiagiveaway. For details, see page 230.

Look this **sexy** (for less)

1 Earrings, $83; sorrelli.com.
2 Jeans, $34.94; oldnavy.com.
3 Top, $60; shopgracia.com.
4 Bracelet, $70; fantasyjewelrybox.com. (Get 20 percent off with the code REDBOOK20.)

JILL: PHOTOGRAPHED BY DAVID A. LAND. HAIR AND MAKEUP: EMIR PEHILJ. SOFIA: PHOTOGRAPHED BY RUVEN AFANADOR. CLOTHING: PHOTOGRAPHED BY BEN GOLDSTEIN/STUDIO D. STYLIST: STELLA REY FOR MARK EDWARD INC. 30 DAYS OF OUTFITS: PHOTOGRAPHED BY SARRA FLEUR ABOU EL HAJ/STUDIO D. SOFIA AND FAMILY: BARRY PEELE.

Discover backstage beauty secrets made easy at
lorealparis.com/studiosecrets

Freida is wearing The One Sweep Eye Shadow in Smoky for All Eyes (908).
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6 Shades

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Christy is wearing New Instant Age Rewind® The Eraser Dark Circles in Medium. ©2011 Maybelline LLC.
*Instantly erases the appearance of dark circles and fine lines. Visibly diminishes the appearance of puffiness.

HOW YOU CAN DRESS **CHIC** FOR UNDER $50

It's high time you met Cristina Desposito (right), the REDBOOK fashion market editor who sniffs out all the style wonders in our "50 Under $50" section. Truly, she's a deal-finding genius—and a master of making her own inexpensive stuff look big-designer-ish. (Every item she's got on here is under $50.) Her tips will help you pull it all together and come in under budget.

Know where to go. There are great stores and brands—like Old Navy, Target, Payless—that consistently turn out fun, affordable fashion. But keep your eye out for the newbies: Right now I'm loving Make MeChic.com and ShopBelina.com.

Know what to look for, including…

…pretty (and practical) details like good buttons, functioning pockets, and nice, flat seams.

…neutral colors, jewel tones, and earth tones. Those colors tend to look richer; neons and brights tend not to.

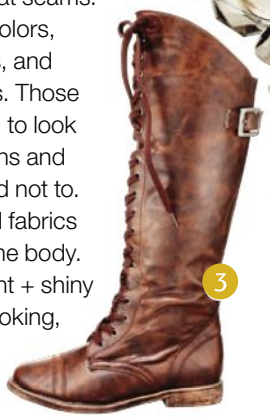
…soft, fluid fabrics that skim the body. Short + tight + shiny = cheap-looking, no matter how much you spend.

…simplicity in bags. The less hardware, logos, and branding, the more polished your bag will look.

Know a good tailor. Seriously: The easiest way to upgrade an inexpensive buy is to get it tailored to fit *your* body. It makes a $30 jacket look like it cost $300.

Know when the sales happen. Pre-fall merchandise gets marked down in September, so it's the right moment to look for lightweight knits, denim, and jackets—on my personal list is a cargo jacket. And don't forget about all the Labor Day sales: Sign up for email alerts from your favorite stores so you know about special in-store discounts or online extras like free shipping. Happy shopping!

1 Necklace, $48; thealceacollection.com.
2 Merona for Target dress, $29.99; target.com.
3 Boots, $28; dots.com.



CRISTINA: PHOTOGRAPHED BY BEN GOLDSTEIN/STUDIO D. STILLS: PHOTOGRAPHED BY GREG MARINO/STUDIO D. STYLIST: JULIE MORRISON FOR MARK EDWARD INC.

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7 days of style

ENTER TO WIN A CLOSET MAKEOVER!

PRESENTED BY LIZ claiborne EXCLUSIVELY AT jcpenney

There's a secret to fitting a busy life's worth of wardrobe options and pulled-together style into one budget (and closet): You need to know where to shop, and what to look for. These modern, classic **Liz Claiborne** pieces, **available exclusively at jcpenney,** are effortlessly chic when worn together or with items you already own. Follow the easy style tips below and you'll get noticed, wherever life takes you.

1 Every woman deserves a little luxe in her wardrobe; this **spread-collar vest** lends a little attitude to a pencil skirt or jeans. 2 It's impossible to resist the deep reds on this **drawstring top**; try a similarly bold lipstick to accent your style. 3 This wear-everywhere **jersey striped cowl-neck dress** is destined to become a favorite. Add a boyfriend-style cardigan and dark tights when the temperature drops. 4 The **graphic-print cape** is a statement piece you'll reach for again and again. 5 Add a dash of military chic to your wardrobe with this **solid knit sweater.** 6 Cozy and on-trend, a **navy front-pocket poncho** is adorable over skinny pants or leggings. An added bonus? It's reversible to brown for a whole new look. Dress it up with **brushed gold accessories.**

ENTER TO WIN "7 DAYS OF STYLE" CONTEST

PRESENTED BY LIZ CLAIBORNE

WIN A WEEK'S WORTH OF STYLE & THE TRIP OF A LIFETIME

Enter the Liz Claiborne "7 Days of Style" contest by October 19 for the chance to win an all-expense paid trip to NYC for a behind-the-scenes tour of REDBOOK magazine, a meet & greet with the fashion director, a Liz Claiborne $1,000 shopping spree, a closet makeover, and a set of Liz Claiborne luggage.

Contest kicks off August 9. Visit **www.lizclaibornecontest.com** to tell us—and show us—why you deserve to win.

*No purchase necessary to enter or win. 7 Days of Style Contest. Sponsored by Hearst Communications, Inc. Beginning at 12:01 a.m. ET on 8/9/11 through 11:59 p.m. ET on 10/19/11, enter at lizclaibornecontest.com and submit an entry form, including photo upload and essay submission of why you are in need of a closet makeover pursuant to the onscreen instructions. Odds of winning will depend upon the total number of eligible entries received. Must be a legal resident of the 50 United States or the District of Columbia who has reached the age of majority in his or her state of residence at time of entry. Void in Puerto Rico, and where prohibited by law. Contest subject to complete official rules available at lizclaibornecontest.com.

LIZ claiborne jcpenney

7 A **quilted jacket** that nips in at the waist keeps you feeling warm and looking cool on chilly fall days. 8 A sporty **striped henley sweater** is sweet on its own, and gets a dash of preppy pop when layered over a **menswear-style button-down shirt.** 9 A **structured handbag** in rich brown elevates even a T-shirt and jeans. 10 These ultra-flattering **boot-cut trousers** are the very definition of "go-to."

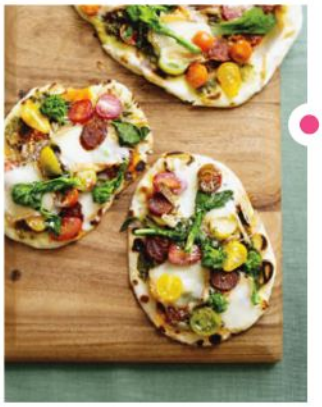
redbookmag.com

SEPTEMBER'S CLICK LIST

Do this tonight (he'll be *sooo* grateful)

redbookmag.com/sexroadtest

We had 12 couples test out ideas that range from the sweet to the slightly scandalous—and report back! Find out what worked so you can do it, or have it done to *you*.



Easy dinners your whole crew will love

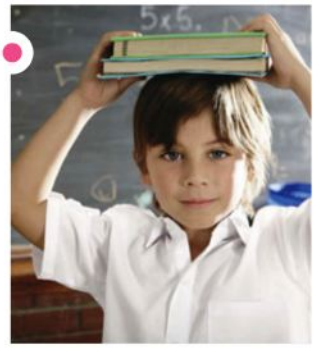
redbookmag.com/easydinners

Everyone has long days now and then... or, okay, again and again and again. Enter these supertasty recipes, which take only 20 minutes or less of your precious time to prep.

Start the school year off right!

redbookmag.com /backtoschool

Real moms share tips for getting kids out of summer mode, dealing with jitters, and perfecting their weekday routine. Get set, go!



tweet! tweet!

What fall fashion items are you most excited about? Share your faves with other REDBOOK readers @redbookmag with #redbookfashion.

REDBOOK'S HOT HUSBAND OF THE MONTH

Name: Roy Krengel, 30, Minneapolis

Job: Dentist

Family: Married 7 years; father to Liam, 5, Ella, 5, and Rafi, 1

It's no surprise that Roy's wife, Mollie, 30, loves his smile—he *is* a dentist. But that's not what she noticed first when they met in their freshman dorm at the University of Kansas. "He had extremely long sideburns," she says. "I called him Sideburn Roy." The crazy facial hair wasn't enough to keep them apart, and after four years of dating, they got married. Now, Mollie says she can't imagine anyone being a better dad. "He's so present. If our son has a T-ball game, he wants to be the one to take him," she explains. And he's there for her, too: "When I was pregnant, I came home exhausted from work one night to find that he had cleaned the house, put on my favorite music, and set up a massage table." When Roy's not turning their bedroom into a spa—very hot, Roy—he also likes to cook and garden. All that, plus the promise of cavity-free kids? We'd like an appointment!

SEE YOUR GUY IN THIS SPOT!

Think *your* husband could give Roy a run for his money? (Of course you do!) Tell us all about him at redbookmag.com/hothusband.

WHAT'S BETTER THAN BRAND-NEW SCHOOL SUPPLIES? FREE ONES!

Every day this month, we're giving a different winner $50 worth of Bic pens, markers, and more, so you can focus on the really fun school shopping (you know, the stuff for yourself). Enter to win at redbookmag.com. See page 230 for details.

COUPLE: JON FEINGERSH/GETTY IMAGES. PIZZA: YUNHEE KIM. BOY, TWITTER BIRD: ISTOCKPHOTO.COM. HOT HUSBAND: COURTESY OF SUBJECT. MARKERS: COURTESY OF BIC.

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This month's STAFF CHALLENGE: To save up some money—any way we can! For easy (and we mean *easy*) tricks to do the same, see page 161.

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"Every week I put a $10 bill in a jar in my kitchen. When I want to splurge on a nice dinner or get my hair cut, it's so nice to have a chunk of cash at the ready." —BRITTANY

"I had money taken directly from my paycheck and put into a savings account at a separate bank from my usual one. Since I don't ever have the cash in my checking account, I don't miss it, but it's nice to have it there for someday." —ERIN

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"I enrolled in Keep the Change with Bank of America, where they round up my purchase total and deposit the excess change into my savings account. When I saw my statement, I was surprised that I'd saved almost $300 in three months!" —MALLORY

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"my
carry on
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essie

new fall collection 2011

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LONDON PARIS NEW YORK

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This month's STAFF CHALLENGE:
To make saving a priority. For more ways to stash some cash, see page 161.

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"I have an app on my phone that reminds me to save. Not only do I get updates of how my nest egg is coming along, but the texts motivate me to cut back on spending so I can watch it grow."
—MARGURITE

"I walked to work every day and packed my lunch—then I put the money I *would* have spent into my savings account. Pretty soon I'll be able to go to England like I've been planning!"
—SAMANTHA

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"We started a piggy bank in our son's bedroom. At the end of the day, my husband and I dump our loose change in there. We count it with him and ask him what he would like to do with the money 'he's' saving."
—LAURA

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LONDON PARIS NEW YORK

"Seeing Brooke Burke's determination inspired me to get motivated again!"

ENERGIZER MOMMY

It goes without saying that men love Brooke Burke, but after your article ["Brooke Burke Never Stops," July], I'm completely infatuated as well. As a mother of two with a full-time job, there are days I can barely keep my head above water, much less make time for myself and my workouts, but Brooke's determination motivated me. I'm not jealous of her anymore; I'm inspired! —JOHNNA PITTLER, *Nashville*

With Brooke Burke's schedule—getting up at 6:30 a.m., to bed between 10 p.m. and 11 p.m., and somehow finding time for a workout, Zen time, her bath time, and time with her significant other—I had to wonder when she finds time to do laundry, clean bathrooms, and vacuum the floors. Any *real* "superbusy mom" can't relate to this—I'd prefer more tips for moms like me! —SUSAN HORTON, *Indian Train, NC*

SKIN SAVIORS

I completely related to Erin Hobday's skin scare with her husband ["Why You Are His Best Defense Against Melanoma," July]. My man had an unusual freckle that I wanted to have a doctor check. He said I was paranoid, so when he went for his usual checkup, I called and asked them to look at his forearm. When we got word it was melanoma, he thanked me. Ladies, take note: Listen to your instincts and play dirty if it means keeping your loved ones safe! —LAURA DEGRAW, *Point Pleasant, NJ*

A MAN'S WORK

I couldn't believe you mentioned fathers "babysitting" their kids in "Girls' Night or Date Night?" [July]. None of the dads I know would have to be bribed with sex to look after their kids while their wives have a night out. It didn't show much respect for men, and I didn't find it funny. —KRISTI YINGLING, *Plymouth Meeting, PA*

EDITORS' NOTE: Fair point! We'll watch our wording (and we applaud all the devoted dads out there, too).

WRONG SIDE OF THE LAW

I had to comment on the mom who will allow her 13-year-old son to taste "a sip or two of alcohol" before he's of age ["Spill, Vent, Gossip, Go!" July]. Will she also teach him to drive 100 mph to open a discussion on the dangers of speeding? I have three sons, and they were not allowed to drink in our home or out—following the rules also opened the conversation on responsibility, dangers, and concerns. —LORI KOLDE, *Cincinnati*

PARTY ON!

I loved "You're Overdue for a Girls' Night!" My girlfriends and I get together three times a year. We each bring a dish and a bottle, and a great time is had by all of us as we laugh, share secrets, and enjoy each other's company. —KIM CURRY, *Uniontown, PA*

A LITTLE HELP FROM OUR FRIENDS

Last month, we asked you to tell us the little bits of wisdom you've learned from your girlfriends. The amazing things you sent in confirmed what we already knew: We'd be nowhere without the support of our besties!

Cheri (middle) with pals Dana (left) and Rosalba.

- My friends taught me that having a "me" day once a month is not something to feel guilty about. Everyone needs to take care of themselves! —CHERI AMBROSE, *East Hanover, NJ*

- My dearest friend once told me to view vacations and holidays as "adventures." That way, travel difficulties or small annoyances won't seem as upsetting. —SANDRA FELVER, *Pocono Manor, PA*

- My pals taught me to never sweep or mop the floors before a party—when the guests leave, you're just going to do it again, and no one would notice anyway! —JENNIFER PATE, *Tyler, TX*

- My friends have showed me that I'm never alone. When I was divorcing my husband, I had to pack the house while working two jobs and taking care of my sick father. I was surrounded by boxes in my living room when a cab pulled up and out jumped my friend Rossy. She helped me pack and move, then treated me to a night in a fancy hotel! —GINA LAROSA, *Charlotte, NC*

Gina, left, and her best friend, Rossy.

GIRLFRIENDS: COURTESY OF SUBJECTS (2).

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26% said YES: His music is good—and people can change.

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After

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DO YOU EVER FAKE IT WITH YOUR HUSBAND?

WE ASKED ON FACEBOOK:

WHAT'S THE MOST BONEHEADED THING YOUR PARTNER DID WHILE YOU WERE IN LABOR?

"He took pictures of himself in the delivery-room mirror when he was supposed to be propping me up so I could push." —CINDY ANDERSON

"He fell asleep—and then said, '*Shhhhh*. You're really loud.'" —CHRISTY MUNKBERG SUNDET

"He went outside for a cigarette and got caught by a guard for smoking on hospital property, so he completely missed the birth of our second daughter!" —CRYSTAL GEORGE VANKOUGHNETT

"He asked if he had time to get a burrito—right after the doctor told me to start pushing." —DENISE DEVORE-DICK

"Mine dumped me in a wheelchair in the ER and left to go park the car. Then he rushed back in, ran right past me, and got into the elevator to the maternity ward. He was *shocked* I wasn't up there already!" —LISA ROBINSON

Victoria Beckham and Kate Hudson just had babies. Hey, ladies, how did David and Matthew do?

BROWN: CLINT BREWER/SPLASH NEWS. BABY BANGS: TRAVIS HUGGETT. DOCTOR, PATIENT, DAVID BECKHAM: GETTY IMAGES. VICTORIA BECKHAM, HUDSON: WIREIMAGE/GETTY IMAGES. BELLAMY: FILM MAGIC/GETTY IMAGES.

SPILL VENT GOSSIP GO!

FULL DISCLOSURE

DO YOU HAVE YOUR GUY'S EMAIL PASSWORD?

OOOH... SCENTED PENS!

55 percent of you say that back-to-school shopping is a

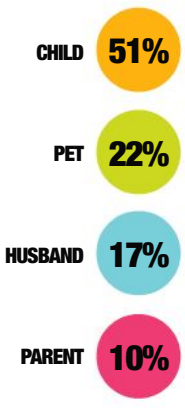
TREAT

but the other 45 percent of you consider it a chore.

"The *idea* of getting my 15-year-old daughter ready for school makes me smile. But it's become a chore because our ideas for her wardrobe are completely different. It was much simpler when she was younger!"
—JESSICA TILLEY, TROUP, TX

ETERNAL LOVE

Jennifer Aniston's new tattoo says "Norman"—the name of her dead dog. Whose name would you ink on *your* body?



WOW, THAT WAS *EMBARRASSING!*

WORD PLAY

"The first time I took my then-2-year-old daughter to the movies, we sat in an empty row at the back in case she got noisy and I had to take her out. Just as the previews ended, a man with a shaved head plopped himself down right next to us. I was a little uncomfortable, until she looked at him, pointed to his head, and screamed, 'BASKETBALL!' Then I was *really* uncomfortable."

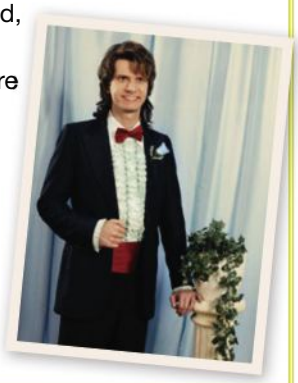
—M.W., CHICAGO

SPILLED MILK

"I went to a nice salon to pamper myself shortly after having my daughter. They had me change into one of those silky gowns, but I forgot my nursing pads and leaked all over it. Try explaining *that* to your young male hairdresser."
—A.H., NEW YORK CITY

OPEN MOUTH, INSERT FOOT

"Two of my coworkers had been out of the office for a few days to attend a wedding. When they got back, one of them showed me pictures, and as I was flipping through them I came to a photo of two guys in tuxes. I asked her if one was the groom, and she pointed him out. Then I said, 'Oh, thank God! I was afraid you were going to point to this ugly guy'—to which she replied, 'That's *my* husband.' I still cringe when I think about it."
—K.P., SPRING HILL, TN



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IT'S A SOAP OPERA MASSACRE

WHICH DAYTIME SOAP WILL YOU MISS MORE?

Say it ain't so! *All My Children* ends its 41-year TV run this month.

68% All My Children

32% One Life to Live

No broken hearts here!

AT LEAST THERE'S NO REGISTRY...

Singer Jack White and his wife, supermodel Karen Elson, invited their pals to a divorce party to celebrate their (amicable) breakup. What do you think of *that*?

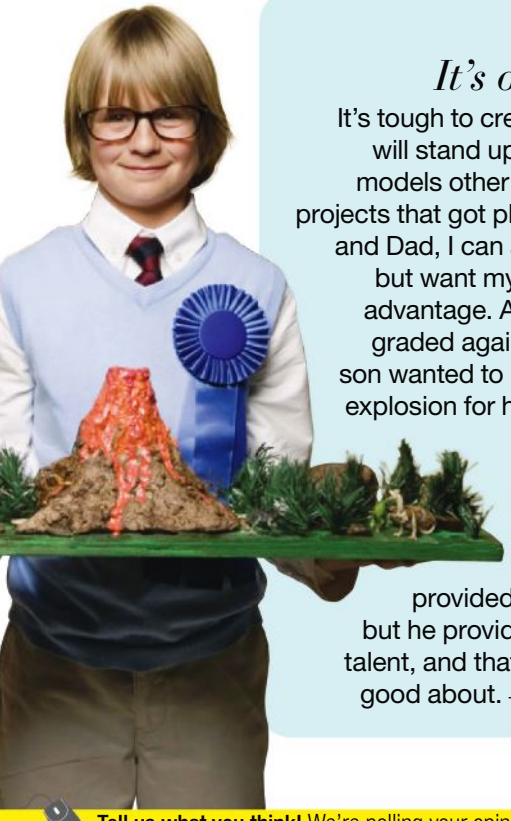
38% THAT'S JUST... AWKWARD.

37% GREAT! WHY NOT END THINGS ON A HAPPY NOTE?

25% AWFUL. A DIVORCE SHOULD BE MOURNED, NOT CELEBRATED.

MOMMY-BLOGGER FACE-OFF

SHOULD **PARENTS** HELP **KIDS** WITH SCHOOL PROJECTS?



✓ YES

It's only fair to help

It's tough to create a presentation that will stand up against the 200-piece models other first-graders bring in—projects that got plenty of help from Mom and Dad, I can assure you. I can't help but want my kids to have the same advantage. After all, my child will be graded against them! One year, my son wanted to make the best volcanic explosion for his science fair. *My* idea was to film him doing each experiment and create a movie that played at the fair on a continuous loop. I provided the bells and whistles, but he provided the information and talent, and that's a collaboration I feel good about. —JILL BERRY, MUSINGSFROMME.COM

✓ NO

It doesn't benefit anyone

I refuse to slave over my kids' assignments. Their projects might not look as good as the glossy, all-too-perfect versions that their classmates carry around, but I can guarantee you that they learned something along the way! When parents take over a project, it certainly doesn't benefit the kids—who aren't learning how to fend for themselves—or the parents, who spend all night on the kitchen floor making sure the angle of the dinosaur's fibula is just so. It kills me that my kids aren't competing on a level playing field, but I can't be complicit in this charade. I have faith that their teachers will sniff out the ones who had extra help, so bring on the badly cut-out pictures and the simple sentences that sound like they were crafted by (gasp!) a child. They were.

—AMY OZTAN, SELFISHMOM.COM

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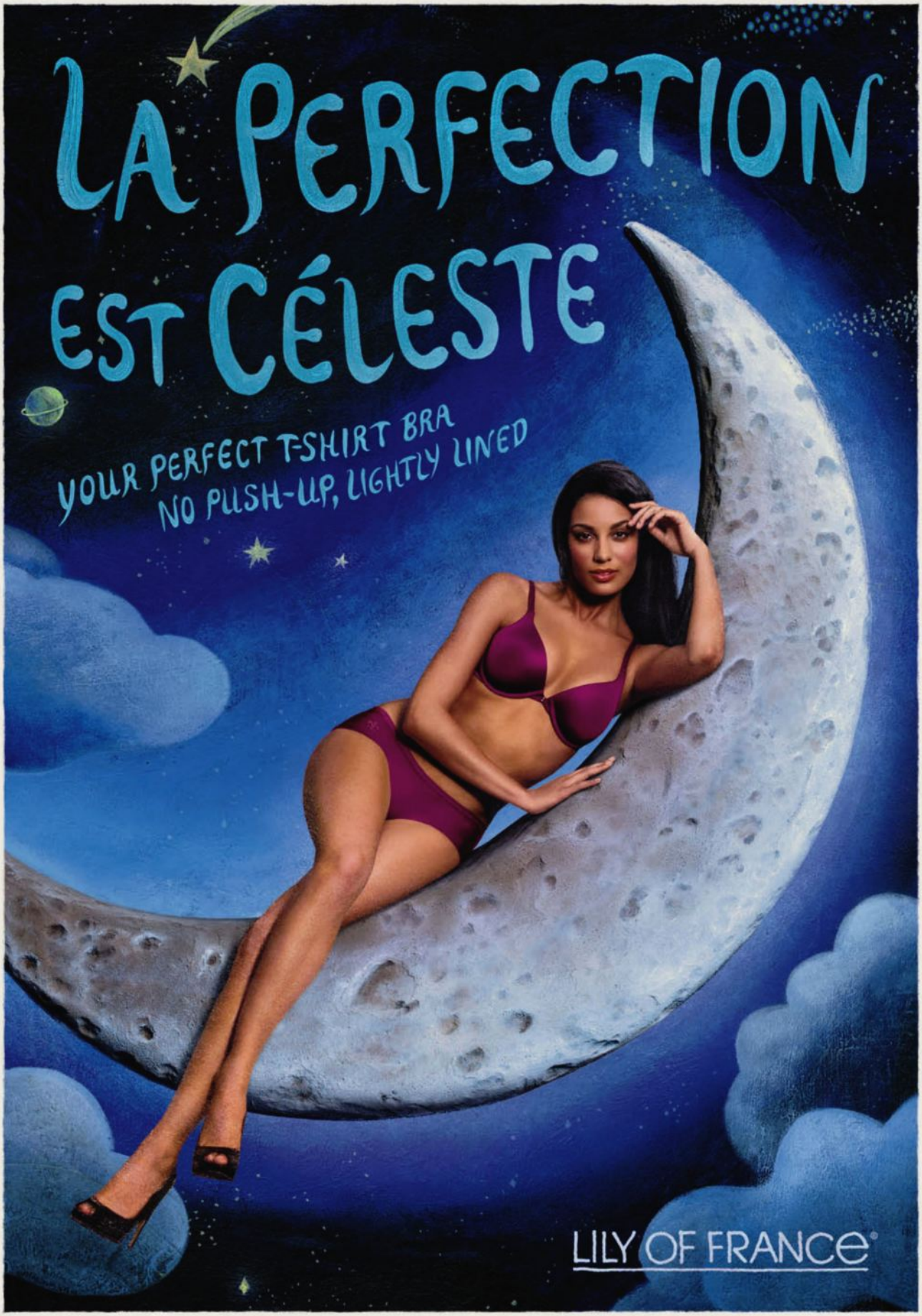

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1 The one time it's okay for grown women to sound like tweens? When they're shouting "totes fab!" in your direction—meaning this bag *and* you. Tote, $34.94; oldnavy.com. 2 Oh, look, your couch just got a high-fashion makeover! Missoni for Target pillow, $29.99; target.com. 3 Paint on this shimmery deep-blue polish, crook your finger, and lure him your way. Dior Vernis in Tuxedo, $22, dior.com. 4 Set an exotic mood at your next dinner party or (more fun) in your bedroom. 4-inch mosaic votive, $7; shopdesignspark.com. 5 A buzzy little vintage-style pin to fancy up your old black coat. Joan Rivers pin, $39.50; qvc.com. 6 This ikat-print scarf lets you wrap yourself in the most gorgeous autumn colors. Scarf, $6.80; forever21.com. 7 Maybe it's all that sun (or the mojitos), but every summer you somehow forget how crazy school mornings are. This easy dress will keep you on time. Dress, $39; lulus.com.

STUDIO D. STYLIST: JULIE MORRISON FOR MARK EDWARD INC.

Photographed by Greg Marino

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8 Six superpretty reasons to host the next PTA coffee (but not if those ladies are annoying). Espresso set tower, $24; seltzerstudios.com. 9 You'll be the hippest bird in your flock with this feather bracelet. Cuff, $38; wedreamincolour.com. 10 An all-natural scent that's crisp, really unique, and refreshingly perfect for fall. Needlepoint solid perfume in Balsam Fig, $18; soapandpaperfactory.com. 11 These platform slingbacks raise the heat of your entire outfit like a jillion degrees. Heels, $39.95; justfab.com. 12 You no longer need an art degree to achieve smoky eyes—with this, just scribble 'em in an instant. SmolderEyes Amazonian Clay Waterproof Liner in Smoldering Olive, $25, tarte.com. 13 The only way this elegant clutch could be better? If that clasp unscrewed to reveal a hidden martini flask! Clutch, $28; amiciaccessories.com.

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14 A simple lamp on top, your REDBOOK collection in the rack underneath—side table perfection. Flourish side table, $49; urbanoutfitters.com. 15 When life hands you lemons, cut them on this; the rim keeps juices off your counter. Cutting board, $10; surlatable.com. 16 For once, the answer to "You spent *what* on that bag?!" will make your accountant smile. Purse, $33; lulus.com. 17 The new star of your shoe wardrobe (bah dum bum!). Flats, $20; amiclubwear.com. 18 We're suckers for stripes, and the gold zippers on these shoulders are rad. Shirt, $34.40; nautica.com. 19 A slick of face-brightening, mood-lifting lipstick, and the morning race is won. Pure Color Velvet Lipstick in Fuchsia Velvet, $24; esteelauder.com. 20 It's the difference between "dressed" and "dressed to the nines." Bracelet, $36.90; thelimited.com. 21 Show your bed some *amore*. Word pillow, $35; pbteen.com.

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22 Perhaps putting him in this aviator shirt will inspire a year of smooth skies. Arizona by JCPenney shirt, $14.99; jcp.com. 23 Get your girly girl looking forward to homework. Pencil box set, $14; verabradley.com. 24 Brainy little monsters will fight to do their math worksheets with this guy. Calculator, $4.99; officedepot.com for stores. 25 It'll take her the whole year… okay, half the year… well, at least till Thanksgiving to lose all the hair bands in this ball. Ouchless elastic ball, $4.99; goody.com for stores. 26 Hey, they always say the lunch room is a zoo. SkipHop lunch bag, $14; giggle.com. 27 Cool (and charitable) kicks for your mini hipster. Shoes, $29; toms.com. 28 Twisty, fun erasers. Take. Them. Out. Of. Your. Mouth. Twisted erasers, $1 each; staples.com. 29 Her new fave pair of cords; get used to seeing them *all* the time. Pants, $39; garnethill.com. 30 Meet Julius, the skater-cool monkey who's about to earn you major style cred. Paul Frank backpack, $15.99; target.com. 31 Über-comfortable and dark enough to not look trashed in one day. Sneakers, $39; crocs.com.

40: PHOTOGRAPHED BY CHRISTOPHER COPPOLA/STUDIO D. STYLIST: STELLA REY FOR MARK EDWARD INC.

38: PHOTOGRAPHED BY BEN GOLDSTEIN/STUDIO D.

32 Yes, she will want to color in this binder, and that's okay: She's supposed to. (Brilliant, right?) Binder, $12.99; mead.com. 33 Know how you feel about *your* new oxfords? Exactly. Saddle shoes, $42; bassshoes.com. 34 You've found the perfect picture-day shirt. Next mission: taming his bedhead on the morning it gets taken. Shirt, $29.50; landsend.com. 35 A lunchbox for the littlest diva in the house. Lunchbox, $17.95; gap.com. 36 Your *Cars* junkie is now ready for a tantrum-free walk to school, toting all his own stuff: Ka-chow! Roller bag, $29.99; Target. 37 Pair this dress with leggings so she can indulge her sweet side and still rock the jungle gym. Dress, $14.95; hm.com for store locations. 38 Sometimes old-school is the way to go (plus, it looks better than an iPad on the bookshelf). Replogle Explorer 12-inch globe, $39.99; ultimateglobes.com. 39 Class projects just got an itsy bit happier. Scissors, $1.99; officedepot.com for stores. 40 The antidote for grumpy mornings. Shirt, $28; bodenusa.com.

10 UNDER $10

GO WILD WITH TRULY NO REGRETS. (HOW NICE IS *THAT*?)

41 The official uniform of Indian summer. Tank, $9.80; forever21.com. 42 A place to stash all your beachside bikini shots. Photo album, $5; bonniemarcus.com. 43 Fancy French hair products without the fancy French price tags. Nourishing shampoo and conditioner, $4.95 each; yvesrocherusa.com. 44 A wall hook so pretty you don't need to hang a thing on it. Wall hook, $7.95; pier1.com. 45 This pen lasts seven years. (Try not to lose it.) Pen, $7.50; seltzergoods.com. 46 An eyeliner pot (use it with a skinny brush) that stays like a liquid, smudges like a pencil. Eye Studio Lasting Drama Gel Liner in Forest, $9.99; maybelline.com. 47 Sheer—yet insanely glam—pink gloss. L'Oréal Paris Colour Riche Le Gloss in Watermelon Crush, $7.95; walgreens.com. 48 A stack of bangles that says, "Who needs a trust fund, anyway?" XOXO Bangles, $9.99; nescostume.com. 49 This burgundy polish brings the drama. Nail polish in Tate, $9.50; nailsinc.com. 50 No more rings on your table—just mod, type-tastic coasters. Typography tin coaster set, $9.95; barnesandnoble.com.

COASTER: PHOTOGRAPHED BY BEN GOLDSTEIN/STUDIO D.

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–Marinda

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Important JUVÉDERM® Safety Information

JUVÉDERM® is indicated for correction of moderate to severe facial wrinkles and folds (such as nasolabial folds). Side effects, usually mild to moderate, include temporary injection site reactions such as redness, pain, firmness, swelling, or bumps.

Please see additional important treatment considerations on reverse side. By prescription only.

*Most patients need 1 treatment of JUVÉDERM® to achieve optimal wrinkle smoothing, and the results last up to 1 year. This includes all JUVÉDERM® injectable gel formulations.

1 877-FILLER MD (877-345-5376)

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ALLERGAN

Important Treatment Considerations

A Brief Description of Indications for Use, Contraindications, Warnings, Precautions, and Adverse Events for JUVÉDERM® Injectable Gel

Indication: In the United States, JUVÉDERM® injectable gel (including JUVÉDERM® Ultra, JUVÉDERM® Ultra Plus, JUVÉDERM® Ultra XC and JUVÉDERM® Ultra Plus XC) is indicated for correction of moderate to severe facial wrinkles and folds (such as nasolabial folds).

Contraindications: JUVÉDERM® injectable gel should not be used in patients who have severe allergies marked by a history of anaphylaxis or history or presence of multiple severe allergies. JUVÉDERM® should not be used in patients with a history of allergies to Gram-positive bacterial proteins. JUVÉDERM® Ultra XC and JUVÉDERM® Ultra Plus XC should not be used in patients with a history of allergies to lidocaine.

Warnings: JUVÉDERM® injectable gel should not be injected into blood vessels. If there is an active inflammatory process or infection at specific injection sites, treatment should be deferred until the underlying process is controlled.

Precautions: The safety of JUVÉDERM® for use during pregnancy, in breastfeeding females, or in patients under 18 years has not been established. The safety and effectiveness of JUVÉDERM® injectable gel for the treatment of areas other than facial wrinkles and folds (such as lips) have not been established in controlled clinical studies. Patients who are using substances that can prolong bleeding, such as aspirin or ibuprofen, as with any injection, may experience increased bruising or bleeding at injection site. Patients should inform their physician before treatment if they are using these types of substances. As with all skin-injection procedures, there is a risk of infection. JUVÉDERM® should be used with caution in patients on immunosuppressive therapy, or therapy used to decrease the body's immune response, as there may be an increased risk of infection. The safety of JUVÉDERM® in patients with a history of excessive scarring (e.g., hypertrophic scarring and keloid formations) and pigmentation disorders has not been studied. If laser treatment, chemical peel, or any other procedure based on active dermal response is considered after treatment with JUVÉDERM® injectable gel, or if JUVÉDERM® is administered before the skin has healed completely after such a procedure, there is a possible risk of an inflammatory reaction at the treatment site.

Adverse events: The most commonly reported side effects are temporary injection-site redness, swelling, pain/tenderness, firmness, lumps/bumps, and bruising. Most side effects are mild or moderate in nature, and their duration is short lasting (7 days or less).

Important: For full safety information, please visit www.juvederm.com or call Allergan Product Support at 1-877-345-5372.

CAUTION: Rx only.

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UNBOUND

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What do you want? **Free stuff!** When do you want it? Now! **Trips**, clothes, **beauty goodies**... your wish is granted. Enter to win at redbookmag.com/freebies.

AAH... A SPA
1 reader will win a 3-night getaway for 2 at The Resort at Pelican Hill in Southern California, including 2 spa treatments, unlimited fitness classes, and breakfast at the Coliseum Pool & Grill. Plus, a $600 credit per person toward airfare, courtesy of points.com. Total retail value, $3,420.

WE LOVE THIS SKIN-CARE LINE!
12 readers will each win the B.right Radiant Skincare Collection from benefit cosmetics.com, which includes a rich eye cream and cleanser—plus 6 more items. Value of set, $217.

NEW FALL CLOTHES!
3 readers will each win a $500 gift card to spend on any of the chic tops, dresses, or knits from the supercute Canadian designer Dace at dace.ca. Value of each, $500.

GLAM GLOSSES
24 winners will each win a trio of Armour Beauty lip glosses, packed with lush all-natural ingredients like shea butter, avocado, and mango oil. Value of set, $63.

AN ALARM CLOCK YOU'LL ACTUALLY *LIKE*
15 readers will each win an iHome iA63 app-enhanced alarm clock, with a radio and rotating dock for an iPhone or iPod, from ihomeaudio.com. Value of each, $100.

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A SUPERSMART SMARTPHONE
5 readers will each win a Samsung Transform from Sprint, which has a handy touchscreen, built-in Wi-Fi, MP3 player, Sprint ID capability, dual cameras, and way, way more. Score! Value of each, $350.

YOU'LL DIE FOR THIS BAG
6 readers will win this love-it-forever leather carryall from radleylondon.com. It's got two interior pockets and a gorgeous lining, too. Value of each, $288.

THE PERFECT PANS
25 readers will each win a set of 8-, 10-, and 12-inch Aeternum sauté pans (in such a fun red hue) from Bialetti. Value of set, $70.

SO PRETTY, SO SEXY
20 readers will each win this sleek satin-and-lace slip from Blush. It has just the right amount of stretch to give it an incredibly flattering silhouette. Value of each, $78.

MAKE YOUR SKIN GLOW
35 readers will each win wrinkle-reducing maracuja oil from tarte.com—one of our fave lines. (Bonus: it's sustainably harvested in the Amazon!) Value of each, $46.

***REALLY* CLEAN FLOORS**
8 readers will each win a Hoover WindTunnel Max Multi-Cyclonic Bagless Upright vacuum, with settings for seven floor types. Value of each, $200.

Want even more? You could win $250,000 in cash (yeah, cash!). For your chance, enter at win250k.redbookmag.com. See page 231 for details.

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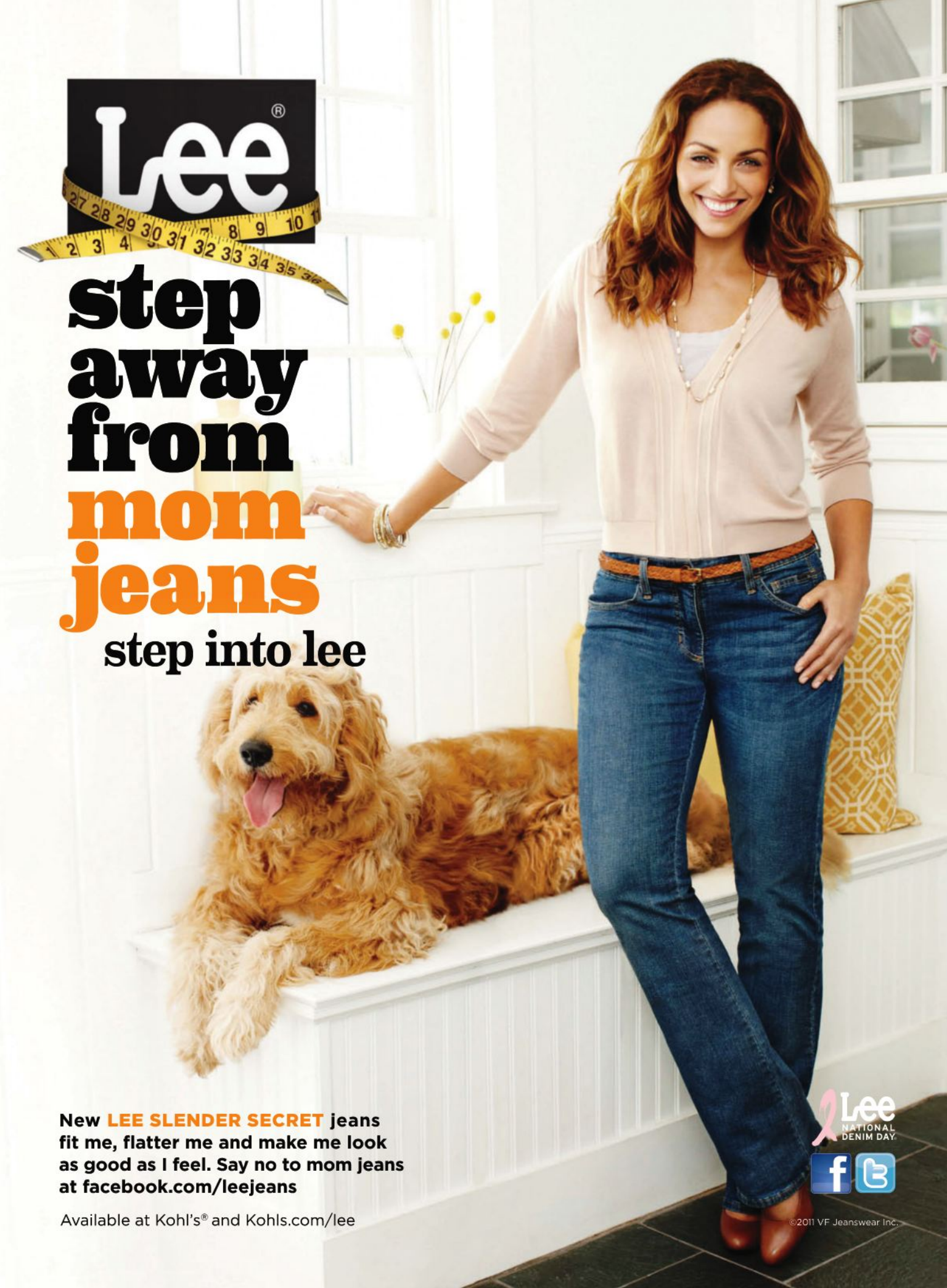
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WHAT TO WEAR

GREAT CLOTHES FOR REAL LIFE

PHOTOGRAPHED BY ERICKA MCCONNELL. HAIR: HIKARI FOR REDKEN AT CELESTINE AGENCY. MAKEUP: ELISA FLOWERS FOR DIOR BEAUTY AT BA-REPS.COM.

TREND WITH BENEFITS

Flowy midi skirts

3 reasons to heart a longer, breezier **skirt**:

1 It's an elegant, ladylike look that also manages to feel downtown cool (bonus bonus).

2 You can break up with your thong and that shapewear that squeezes you like an anaconda: The A-line shape of these is super-forgiving.

3 They make you *feel* great. Thanks to soft fabrics that move when you move, these give off more romance (and, frankly, more sex appeal) than a show-it-all mini.

Skirt, H&M, $34.95; hm.com for store locations. Tank, J.Crew, $49.50; jcrew.com. Jacket, Muubaa, $499; Boca, Los Angeles, 310-459-7259. Necklace, Anna Beck, $125; annabeckdesigns.com. Cuff, Anna Pellissari, $37; annapellissari.com. Socks, K. Bell, $3.50; kbellsocks.com. Ankle boots, Cole Haan, $328; colehaan.com.

TREND WITH BENEFITS

ADD ONE OF THESE TO YOUR REPERTOIRE FOR MORE SWISH.

3 WAYS TO WEAR IT:

1

Pair a silky skirt with sparkly add-ons for the easiest party outfit.

Earrings, Ann Taylor, $58; anntaylor.com. Tank, Bella Luxx, $56; bellaluxx .com. Top, Victoria's Secret Catalogue, $98; victoriassecret .com. Skirt, Black Halo, $240; blackhalo.com. Heels, Loft, $80; loft.com.

2

Swap it for your usual jeans, tuck in your shirt, and have the most stylish Saturday ever.

Necklace, Rosena Sammi, $30; C.O. Bigelow Apothecary, 800-793-5433. Shirt, Gap, $49.95; gap.com. Skirt, Make Me Chic, $23; makemechic .com. Oxfords, Brash, $29.99; payless.com.

3

With a blazer, the look is sharp and so flattering; heeled booties keep it chic.

Necklace, Chico's, $59; chicos.com. Tank, Jockey, $12; jockey .com. Blazer, Ann Taylor, $228; anntaylor .com. Skirt, Urban 1972; $31; urban1972 .com. Ankle boots, Michael Antonio, $55; endless .com.

6 MORE OPTIONS

A gorgeous, not-girly floral. Magaschoni, $574; Magaschoni, Greenwich, CT, 203-869-2119.

A frothy night-out pick. Aryn K., $89; maude boutique.com.

A perfect mate for your fave gray tee. Rebecca Taylor, $325; Rebecca Taylor, NYC, 212-243-2600.

A crisp, slightly shorter one (great for petites). L.L.Bean Signature, $149; llbean signature .com.

A wear-with-everything neutral. Club Monaco, $150; Club Monaco, 212-459-9863 for locations.

A splashy, arty number. Spiegel, $99; spiegel.com.

Drew Barrymore likes it long

OUTFITS, FROM LEFT: PHOTOGRAPHED BY GREG MARINO/STUDIO D (2), PHOTOGRAPHED BY CHRISTOPHER COPPOLA/STUDIO D. STYLIST: STELLA REY FOR MARK EDWARD INC. BLACK SHOE: PHOTOGRAPHED BY BEN GOLDSTEIN/STUDIO D. ALL OTHER ACCESSORIES: GREG MARINO/STUDIO D. SKIRTS: BEN GOLDSTEIN/STUDIO D. STYLIST: KRISTY VANT FOR MARK EDWARD INC. BARRYMORE: NORMAN SCOTT/STARTRAKSPHOTO.COM.

COLORS FROM LEFT TO RIGHT: Are We There Yet?, I Eat Mainely Lobster, My Address is "Hollywood," Color to Diner For, Honk If You Love OPI, Road House Blues, Suzi Takes the Wheel, French Quarter for Your Thoughts, Uh-Oh Roll Down the Window, A-taupe the Space Needle, Get in the Expresso Lane, I Brake for Manicures

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Principles of style from Rachel Zoe

The celebrity superstylist has a new baby boy, a new clothing line, and a new saying ("Way fun" has replaced "I die"). And also… these smart tips for you!

Rachel's line of hip classics, the Rachel Zoe Collection, just launched for fall.

THE FALL TREND EVERYBODY SHOULD TRY IS… "A tuxedo jacket. It's flattering for every size—and every age—and it can be worn seamlessly from work to a night out."

Express, $118; express.com.

THE STYLE MOVE THAT HAS THE MOST IMPACT IS… "Accessorizing. It can turn a good outfit into a great one. But edit—if you wear a necklace and earrings and a crazy bag *and* a crazy shoe, you'll look like you have on a costume."

Ring, Jessica Ricci, $300; jessicariccijewelry.com. Bracelet, Marlyn Schiff, $58; marlynschiff.com.

FOR SHOES, GO HIGH OR LOW… BUT NOT IN-BETWEEN. "I like flats and I adore a high heel, but I don't love a kitten heel. It's neither here nor there. And the one shoe I will *never* wear is sneakers."

Marc Fisher, $79; Macy's.

THE SURPRISINGLY FLATTERING PIECE ON ANY WOMAN IS… "Wide-leg jeans or boot-cut jeans. They really elongate the leg. People think they have to wear everything skin-tight to look smaller, but that's just not the case. I wear my jeans with a vintage Chanel jacket and an LNA tee: It's glamorous, but also really comfortable."

T-shirt, LNA, $48; lnaclothing.com. Jacket, Brooks Brothers, $298; brooksbrothers.com. Jeans, 7 For All Mankind, $189; 7forallmankind.com.

EVEN A NEW MOM CAN BE GLAMOROUS, JUST… "Pare it back. I wear less jewelry now because it can be sharp—I take everything off before I hold my son, Skyler. But if I'm going out, I'll wear a great oversize piece. Also, I'm mindful of the products I use. I love Zoya nail polishes: They're nontoxic (Skyler-safe!) and come in gorgeous shades."

Zoya nail polish in Zara, $8; zoya.com.

IF YOU'RE HEADING TO A FORMAL EVENT… "I love a dramatic dress that seems a bit over-the-top on bottom but has a simple top to keep it from being too too. And a bare neck screams for a major necklace."

THE BEST CHEAP BEAUTY BUY IS… "Egyptian Magic! One container lasts forever, and it can be used everywhere on your body—hands, face, hair—as a daily moisturizer, wound healer, or lip balm."

Egyptian Magic skin cream, $36; egyptianmagic.com.

ZOE: *WWD*/CONDE NAST/CORBIS. HATHAWAY, KNIGHTLEY: WIREIMAGE/GETTY IMAGES. DIAZ: GETTY IMAGES. STILLS: PHOTOGRAPHED BY CHRISTOPHER COPPOLA/STUDIO D. STYLIST: STELLA REY FOR MARK EDWARD INC.

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GET THE TRUTH BEHIND thick LUSH HAIR

ARE YOU DOING ALL YOU CAN TO KEEP YOUR MANE THICK, LUSH, AND DENSE LOOKING? TEST YOUR HEALTHY-HAIR KNOWLEDGE, AND FIND OUT IF YOUR HAIR IS LIVING UP TO ITS HIGH-VOLUME, LUSH-LOCK POTENTIAL.

1 At any given time, it's normal for your hair to shed...

a) 25 strands a day

b) 75 strands a day

c) 100 strands a day

2 How many women experience thinning?

a) less than 10 percent

b) 50 percent

c) more than 75 percent

3 The definition of "thinning hair" includes:

a) individual strands are finer

b) there are fewer strands of hair on your head

c) both (a) and (b)

4 Which of the following is *not* a sign of thinning hair?

a) extra hair in the shower drain or your brush

b) a wider, more visible part or shrinking ponytail

c) dry, split ends or frizzy hair

5 The best way to make your hair look denser, with more volume, is to...

a) use thickening styling products

b) take your hair color a shade lighter

c) approach the problem from root to tip

TALLY YOUR ANSWERS TO LEARN YOUR HAIR IQ

If you answered **mostly As and Bs,** you need to brush up on your mane management. You don't have to suffer with flat, thinning hair. NIOXIN's three-step system is a tested solution to achieve thicker, denser-looking hair in 30 days.

If you answered **mostly Cs,** you're well tuned into your tresses. You might already know why it's important to take preventative care maintenance for your hair, like you do for your skin, in order to keep the hair you have looking its best. Start today with NIOXIN.

SURPRISED BY YOUR ANSWERS? Think your hair might be thinning? Here's what you need to know.

Most women—more than three in four—are concerned with thinning hair, which is often a result of family history, hormonal imbalances, pregnancy, stress, or styling damage. While it's normal to lose as many as 100 strands each day, if you start to see more in your brush or shower drain, or you notice your part has gotten wider, you might be losing too much.

NIOXIN's three-part system takes inspiration from skincare: Hair and scalp treatments and products cleanse and fight breakage to improve the appearance of thinning hair. You'll notice a difference in the way your hair looks and feels in 30 days.

Ask your stylist about NIOXIN, available only in salons.

NIOXIN

To learn more about NIOXIN's unique approach, visit **nioxin.com.**

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Find us on Facebook NIOXIN.com

30 days of *new* outfits!

Want a fall wardrobe overhaul without a massive overspend? Done! REDBOOK own, then we remixed it all with six of this season's hottest steals. The result:

Here's what you have

REDBOOK and Yahoo! surveyed American women and discovered that more than 50 percent of you already have these fall staples in your closet. Missing one? Consider these…

LONG-SLEEVED SOLID-COLOR TEE
Three Dots, $46; shopthreedots.com.

WHITE BUTTON-DOWN
The Shirt by Rochelle Behrens, $88; the-shirt.com.

BLACK LEATHER BELT
Lauren by Ralph Lauren, $48; macys.com.

SKINNY JEANS
Ann Taylor, $88; anntaylor.com.

BLACK PANTS
Gap, $60; gap.com.

LACE-TRIMMED CAMI
Josie Natori, $150; natori.com.

BLACK SKIRT
Talbots, $80; talbots.com.

BLACK TANK
Forever 21, $3.50; forever21.com.

SOLID-COLOR CARDIGAN
Tory Burch, $325; toryburch.com.

KNEE-HIGH BOOTS
Banana Republic, $225; bananarepublic.com.

SEXY BLACK HEELS
Charles David, $230; charlesdavid.com.

PATTERNED SCARF
Echo Design, $85; echodesign.com.

STILLS: PHOTOGRAPHED BY BEN GOLDSTEIN/STUDIO D. SOFT GOODS STYLIST: STELLA REY FOR MARK EDWARD INC. MODEL: PHOTOGRAPHED BY SARRA FLEUR ABOU-EL-HAJ/STUDIO D. HAIR AND MAKEUP: INGEBORG FOR DIOR BEAUTY AT FACTORY DOWNTOWN AND ELISA FLOWERS FOR DIOR BEAUTY AND REDKEN AT BA-REPS.COM.

partnered with Yahoo! to find out what you already scores of cute, easy combos for less than $250 *total*.

Here's what to buy

These pieces have the sort of fun shapes and details that will make your staples feel 100 percent cooler—and you can get them all for less than $250!

$39.99

An elegant blouse in a smile-inducing print. Missoni for Target, target.com.

5 readers will luck out and get all of this for FREE

For details, see page 231.

Hipsterish (and comfy!) oxfords. Make Me Chic, makemechic.com.

$19.00

$38.00

A great, hyper-versatile dress. Mark, meetmark.com.

$21.99

Slim, go-anywhere cargos. Basic Editions, kmart.com.

$72.00

A jacket with utilitarian chic. UK Style by French Connection; sears.com.

$49.99

Sexy-bright booties. Payless, payless.com.

1

Polished but kicky—this outfit's got the perfect amount of personality for the office.

2

Undone and tucked in, the shirt works like a sultry little jacket.

3

4

Cargos and a military-style jacket feel playful with this funky print.

5

6

7

8

9

The scarf adds an awesome French touch.

10

11

Glam, polished, casual—who knew **layers** could do so many things?

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12

Relaxed yet sharp: the key elements of a ready-for-anything weekend.

Style **magic**: Sprinkle the jacket and cardi over your work basics and—ta-da, new wardrobe!

13

14

15

16

17

18

Tied like an obi, the scarf defines your waist.

19

Combining shades of red feels unexpected.

20

21

Coldwater Creek

22

A boudoir-sexy top lends glamour to cargo pants and a black tank. Cute!

Rich colors—turquoise, orange, maroon—make **even classic basics** sing.

23

Oxfords give this preppy outfit a downtown vibe.

24

25

26

27

28

Cuff the jacket sleeves for even more flair.

29

30

Yes, that's the scarf used as a top! Get the how-to's at redbookmag.com/scarftop.

...AND WE JUST KEPT GOING! To see 14 more incredible outfits, log on to redbookmag.com/14moreoutfits.

Before Allegra®, allergies were Billy's only weakness.

After Allegra®, he's invincible.

Find us on: Allegra.com

They're only kids once. Don't let allergies rob them of it. Children's Allegra® safely relieves kids' toughest symptoms.* It's **effective, long-lasting**, non-drowsy** medicine parents can depend on.

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Use as directed. *Relieves sneezing, runny nose, itchy, watery eyes, and itchy nose or throat. **One dose lasts a full 12 hours.

See carton for dosing instructions.

The Kindest CUT of All

HELP GIVE EVERY WOMAN A "GOOD HAIR DAY"

Ask any woman and she'll tell you how much her hair impacts her day. Our hair is a visible expression of our confidence, our dignity, and our self-esteem. Imagine if you had no hair at all? Pantene and the American Cancer Society are making a difference.

For women undergoing chemotherapy treatment for cancer, losing their hair is not just a side effect; it's a devastating symbol of their lack of control over their lives. "That was very hard when my hair started falling out. It was coming out in chunks. It really takes away who you are, you know, when you look in the mirror," explains Kandi Byrd, breast cancer survivor.

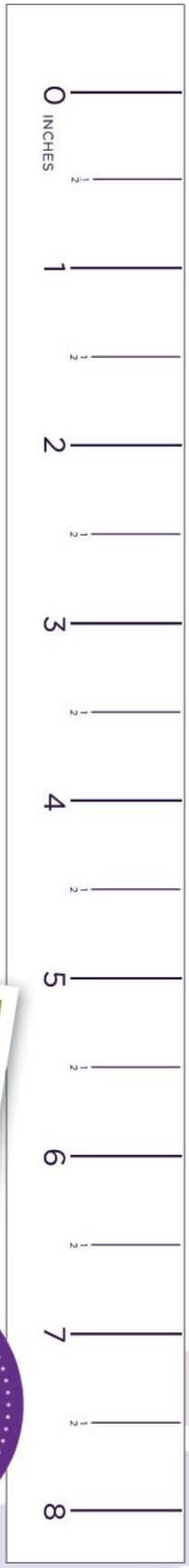
That's where the **Pantene Beautiful Lengths Program** comes in. Celebrating its 5th anniversary, Beautiful Lengths has created thousands of natural, top-quality wigs for women with cancer using over 250,000 donated ponytails. This year alone, the program has donated thousands of wigs to select American Cancer Society Wig Banks for women fighting cancer*—free of charge—helping them feel confident when their morale might be lowest.

"Knowing strangers are doing this makes you feel like you have other people that are cheering for you," says Cathy DeArville, a breast cancer survivor who received a Beautiful Lengths wig.

DID YOU KNOW?

- Pantene Beautiful Lengths wigs are distributed free of charge through select American Cancer Society Wig Banks across the country.
- It takes between six and eight donated ponytails to make one real-hair wig—so word-of-mouth is essential to this beautiful cause.
- Hair must be a minimum of eight inches long from just above the elastic band of the ponytail to the ends.

8 inches of hair is all it takes to make a difference



PANTENE beautiful lengths
make the kindest cut of all

American Cancer Society

*Wigs will be available on a limited basis based upon the amount of hair donated to the Pantene Beautiful Lengths Program.

TO FIND OUT HOW YOU CAN GROW, CUT, AND DONATE YOUR HAIR—and make the kindest cut of all—go to Facebook.com/Pantene.

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PRO-V

PANTENE

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ZERO HEAVY BUILDUP 100% BODY

—Naomi Watts

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Check out facebook.com/Pantene

WHAT WOULD *Reese Witherspoon* DO?

CHILL
Reese is easy—but never messy—in off-duty jeans and a tee.

POLISHED
Classic with a modern edge: true of her *and* this abstract-print sheath.

FUNKY
By mixing a hipster hat, rugged belt, and glam sandals, she gets a look with "I just threw this on" appeal.

Steal Reese's style! She's proof that the girl next door can wow 'em in cool little outfits. *Your* neighbors will agree.

■ Make laid-back basics look extra-sharp with a rich bag, heeled boots, and a big gold watch.

Necklace, Loft, $34.50; loft.com. T-shirt, T-Los Angeles, $64; shopluna.com. Jacket, Lucky Brand, $99; luckybrand.com. Bag, Ivanka Trump Handbags, $175; endless.com. Jeans, American Eagle Outfitters, $39.50; ae.com. Watch, Armitron, $95; amazon.com. Boots, Nine West, $139; macys.com.

■ One less thing to worry about: With a pattern this interesting, you have full permission to skip jewelry.

Dress, Calvin Klein, $128; Nordstrom. Heels, AMI Clubwear, $23; amiclubwear.com.

■ A simple, fairly preppy shirtdress provides the perfect backdrop for playing with accessories.

Necklace, Luscious Metals, $63; lusciousmetals.com. Shirtdress, Merona for Target, $29.99; target.com. Belt, Mixit by JCPenney, $17.99; jcp.com. Sunglasses, Armani Exchange, $65; Armani Exchange. Sandals, Charles David, $175; 310-659-7110 for stores. Fedora, San Diego Hat Co., $28; fredflare.com.

WITHERSPOON, FROM LEFT: RIV/FAME PICTURES, TARGET/FAME PICTURES, FAME PICTURES. STILLS: PHOTOGRAPHED BY BEN GOLDSTEIN/STUDIO D. STYLIST: KRISTY VANT FOR MARK EDWARD INC.

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-Shannon, age 41

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Latisse®
(bimatoprost ophthalmic solution) 0.03%

LATISSE® is a prescription treatment for hypotrichosis (inadequate or not enough lashes) to grow eyelashes longer, fuller, darker.

Important Safety Information

If you are using, or have used, prescription products for eye pressure problems, use LATISSE® under close doctor care. LATISSE® use may cause increased brown pigmentation of the colored part of the eye which is likely permanent. Eyelid skin darkening may occur which may be reversible. Only apply at the base of the upper eyelashes. DO NOT APPLY to the lower eyelid. Hair growth may occur in skin areas that LATISSE® frequently touches. If you experience eye problems or have eye surgery, consult your doctor immediately about use of LATISSE®. Common side effects are itchy eyes and eye redness. If discontinued, lashes will gradually return to their previous appearance.

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch or call 1-800-FDA-1088.

Please see important product information on the following page. Call 1-877-LATISSE for more information.

Shannon is a real LATISSE® user and paid for appearing in this ad.

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PATIENT INFORMATION
LATISSE® ***(la teece)*** (bimatoprost ophthalmic solution) 0.03%

Read the Patient Information that comes with **LATISSE®** before you start using it and each time you get a refill. There may be new information. This leaflet does not take the place of talking with your physician about your treatment.

What is hypotrichosis of the eyelashes?
Hypotrichosis is another name for having inadequate or not enough eyelashes.

What is LATISSE® solution?
LATISSE® solution is a prescription treatment for hypotrichosis used to grow eyelashes, making them longer, thicker and darker.

Who should NOT take LATISSE®?
Do not use **LATISSE®** solution if you are allergic to one of its ingredients.

Are there any special warnings associated with LATISSE® use?
LATISSE® solution is intended for **use on the skin of the upper eyelid margins at the base of the eyelashes.** Refer to Illustration 2. **DO NOT APPLY** to the lower eyelid. If you are using **LUMIGAN®** or other products in the same class for elevated intraocular pressure (IOP), or if you have a history of abnormal IOP, you should only use **LATISSE®** under the close supervision of your physician.

LATISSE® use may cause darkening of the eyelid skin which may be reversible. **LATISSE®** use may also cause increased brown pigmentation of the colored part of the eye which is likely to be permanent.

It is possible for hair growth to occur in other areas of your skin that **LATISSE®** frequently touches. Any excess solution outside the upper eyelid margin should be blotted with a tissue or other absorbent material to reduce the chance of this from happening. It is also possible for a difference in eyelash length, thickness, fullness, pigmentation, number of eyelash hairs, and/or direction of eyelash growth to occur between eyes. These differences, should they occur, will usually go away if you stop using **LATISSE®**.

Who should I tell that I am using LATISSE®?
You should tell your physician you are using **LATISSE®** especially if you have a history of eye pressure problems.

You should also tell anyone conducting an eye pressure screening that you are using **LATISSE®**.

What should I do if I get LATISSE® in my eye?
LATISSE® solution is an ophthalmic drug product. **LATISSE®** is not expected to cause harm if it gets into the eye proper. Do not attempt to rinse your eye in this situation.

What are the possible side effects of LATISSE®?
The most common side effects after using **LATISSE®** solution are an itching sensation in the eyes and/or eye redness. This was reported in approximately 4% of patients. **LATISSE®** solution may cause other less common side effects which typically occur on the skin close to where **LATISSE®** is applied, or in the eyes. These include skin darkening, eye irritation, dryness of the eyes, and redness of the eyelids.

If you develop a new ocular condition (e.g., trauma or infection), experience a sudden decrease in visual acuity, have ocular surgery, or develop any ocular reactions, particularly conjunctivitis and eyelid reactions, you should immediately seek your physician's advice concerning the continued use of **LATISSE®** solution.

What happens if I stop using LATISSE®?
If you stop using **LATISSE®**, your eyelashes are expected to return to their previous appearance over several weeks to months.

Any eyelid skin darkening is expected to reverse after several weeks to months.

Any darkening of the colored part of the eye known as the iris is NOT expected to reverse and is likely permanent.

How do I use LATISSE®?
LATISSE® solution is packaged as a 3 mL bottle of solution with 60 accompanying sterile, disposable applicators. The recommended dosage is one application nightly to the skin of the upper eyelid margin at the base of the eyelashes only.

Once nightly, start by ensuring your face is clean, makeup and contact lenses are removed. Remove an applicator from its tray. Then, holding the sterile applicator horizontally, place one drop of **LATISSE®** on the area of the applicator closest to the tip but not on the tip (see Illustration 1). Then immediately draw the applicator carefully across the skin of the upper eyelid margin at the base of the eyelashes (where the eyelashes meet the skin) going from the inner part of your lash line to the outer part (see Illustration 2). Blot any excess solution beyond the eyelid margin. Dispose of the applicator after one use.

Repeat for the opposite upper eyelid margin using a new sterile applicator. This helps minimize any potential for contamination from one eyelid to another.

ILLUSTRATION 1

ILLUSTRATION 2

DO NOT APPLY in your eye or to the lower lid. **ONLY** use the sterile applicators supplied with **LATISSE®** to apply the product. If you miss a dose, don't try to "catch up." Just apply **LATISSE®** solution the next evening. Fifty percent of patients treated with **LATISSE®** in a clinical study saw significant improvement by 2 months after starting treatment.

If any **LATISSE®** solution gets into the eye proper, it is not expected to cause harm. The eye should not be rinsed.

Don't allow the tip of the bottle or applicator to contact surrounding structures, fingers, or any other unintended surface in order to avoid contamination by common bacteria known to cause infections.

Contact lenses should be removed prior to application of **LATISSE®** and may be reinserted 15 minutes following its administration.

Use of **LATISSE®** more than once a day will not increase the growth of eyelashes more than use once a day.

Store **LATISSE®** solution at 36° to 77°F (2° to 25°C).

General Information about LATISSE®.
Prescription treatments are sometimes prescribed for conditions that are not mentioned in patient information leaflets. Do not use **LATISSE®** solution for a condition for which it was not prescribed. Do not give **LATISSE®** to other people. It may not be appropriate for them to use.

This leaflet summarizes the most important information about **LATISSE®** solution. If you would like more information, talk with your physician. You can also call Allergan's product information department at 1-800-433-8871.

What are the ingredients in LATISSE®?
Active ingredient: bimatoprost
Inactive ingredients: benzalkonium chloride; sodium chloride; sodium phosphate, dibasic; citric acid; and purified water. Sodium hydroxide and/or hydrochloric acid may be added to adjust pH. The pH during its shelf life ranges from 6.8 - 7.8.

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BEAUTY & HEALTH

INFO TO HELP YOU LOOK AND FEEL GREAT

5 TRICKS TO...

Finally get your eyeshadow right

A step-by-step, once-and-for-all guide to applying shadow so it makes your precise eye shape look even prettier. By Kayleigh Donahue

Turn the page to learn how to flatter almond eyes with smoky shadow. This purple is particularly sexy; for a similar shade, try Lancôme Color Design Eye Shadow in Drama, $18.

KATE POWERS/AUGUST.

BEAUTY TRICKS

1. ALMOND EYES

"Just about every shadow look works with this shape," says makeup artist Troy Surratt. We say, go for the classic: sultry, smoky eyes. For a not-so-rocker approach, Clarins makeup artist Pati Dubroff uses a mix of medium and deep bronze shadows (we like Elizabeth Arden Color Intrigue Eyeshadow Quad in Sueded Browns, left, $30) or violet and dark purple shadows. Dust a medium color on your lids, then work the darkest tone into your top and bottom lash lines, outer corners, and creases. To blend, use a shadow brush with a long, domed head (like Giorgio Armani Beauty Large Eye Contour Brush, above, $41); sweep it back and forth like a windshield wiper to blur lines.

2. ASIAN EYES

To add depth and drama, use several shadows from the same color family to create an ombré effect, which is a gradation of color. Try the silvery blue, ocean blue, and navy shades from Maybelline New York Eye Studio Color Plush Eyeshadow in Sapphire Stylist (left), $9.99. Smudge the deepest hue along your top lash line, the medium color right on the crease, and the lightest shade from the crease to just beneath your brows. Once the colors are in place, blend like crazy! "For eyes to appear beautifully doe-like, this look has to be soft," says Surratt.

3. ROUND EYES

For this wide-open shape (picture Nicole Ritchie), keep it light. "A sweep of just one soft color—whether it's a pretty pastel or neutral taupe—across lids is all you need to enhance round eyes," says Dubroff. Apply the color up to, but not in, your crease. Try CoverGirl Intense ShadowBlast cream shadows (right, $7.99 each) in (from left) Platinum Pop, Forever Pink, or Beige Blaze. And while Dubroff warns against applying a dark color all over these lids—"it can make round eyes look hollowed"—if you crave a sexier look, she offers this tip: "Concentrate a deep shade just on the centers of your lids, then fade it outward in both directions."

4. HOODED LIDS

This happens when the skin on your brow bones folds over onto your lids near the outer corners (it could be your natural shape; it also happens as we age). This creates natural shadows on your lids—which means you don't need much eye makeup, just subtle brightening to keep lids from looking heavy. Try Dubroff's eye-opening formula: Pat a concealer with light-reflecting particles at the outer corners, below the hooded skin (try Yves Saint Laurent Touche Éclat, $40). Then sweep a matte shadow one shade lighter than your skin (e.g., for fair skin, Estée Lauder Pure Color Shadow in Summer Linen, near left, $20) on lids using a brush with a domed head (like Sonia Kashuk Pointed Blending Brush, far left, $5.99). Finish with lots of mascara: done!

5. RUDDY OR DARK LIDS

Eyelids that appear darker than the rest of your skin are a bittersweet deal: On the one hand, your lids are naturally smoky. On the other, it can make you look exhausted. To perk things up, blend a dot of concealer or foundation on lids before putting on shadow. For a night out, "Go with shimmery shades that aren't too pale," says Dubroff. "The shimmer's reflection will brighten skin." If redness on your lids is a problem, makeup artist Maria Verel suggests dabbing on a yellowish eyeshadow primer (try Too Faced Shadow Insurance in Lemon Drop, above, $18). "It cancels out the redness and makes eyeshadow a cinch to blend."

ILLUSTRATIONS BY AIMEE LEVY. STILLS: PHOTOGRAPHED BY GREG MARINO/STUDIO D.

SEE SHOPPING GUIDE, LAST PAGES, FOR DETAILS.

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9 HIGH-SPEED **BEAUTY FIXERS** FOR AN **EXTRA**-GORGEOUS FALL

1 **Better bobby pins** The most stylish way to tame wispy bits. Missoni for Target Bobby Slides in Famiglia, $6.99 for 24.

2 **Brush-on perfection** At last! A talc- and fragrance-free mineral foundation from the high priestess of easy makeup. Bobbi Brown Skin Foundation Mineral Makeup, $38.

3 **Cherry delight** This liquid lipstick formula delivers maximum color and shine. MAC Pro Longwear Lipglass in Driven by Love, $18.50.

4 **Supercharged soap** The vitamin-packed spheres in this shower gel make skin feel soft right out of the shower. Peter Thomas Roth Mega-Rich Body Wash, $18.

5 **Go go gadget eye makeup** With shadow, liner, and a brush all tucked inside a wand, you really *can* do an entire eye makeup look on the run. Josie Maran REM Pen in Amethyst and Champagne, $32.

6 **Skin-care six-pack** This two-step face mask—a hydrating gel and a vitamin-rich serum—doesn't need to be rinsed off, and individual packets keep the ingredients fresh. No mess, no brainer. Dr. Dennis Gross Skincare Age Erase Recovery Mask, $48 for 6.

7 **Supershiny lashes** For glistening, fresh-out-of-the-pool lashes, brush on this black gloss, either alone or on top of mascara. Then bat 'em like crazy! Hourglass Film Noir Lash Lacquer, $28.

8 **Must-have mani** You'll look and feel supercool with this flattering deep-purple polish (not too brown, not too blue) on your digits. CND Nail Polish in Dark Amethyst, $9.

9 **Pampered eyes** With 99 percent natural ingredients and a point-tip applicator, this cream guarantees there won't be a dry, wrinkly eye left in the house. Burt's Bees Sensitive Eye Cream, $14.99.

PHOTOGRAPHED BY GREG MARINO/STUDIO D. BURT'S BEES: PHOTOGRAPHED BY CHRISTOPHER COPPOLA/STUDIO D.

SEE SHOPPING GUIDE, LAST PAGES, FOR DETAILS.

*In a frizz test when using Garnier Fructis Sleek & Shine System of Shampoo, Conditioner and Anti-Frizz serum vs. a non-conditioning shampoo. ©2011 Garnier LLC.

"My dad worked in beauty and once made a perfume for my mom," says Heidi.

BEAUTY CHAT WITH...

Heidi Klum

Mom of four, model, TV host, fashion designer—if Heidi Klum could bottle her nonstop energy, we'd be takers. She's trying to do just that with her new fragrance, Shine, out this month. Heidi always wears it for an instant lift—and follows these bare-minimum beauty rules:

What makes Shine smell so delicious?
It has fruity notes like pear and mandarin, but there's also vanilla and pink peppercorn to give it some heat. It's sensual, but very feminine.

How is your beauty routine different since having children? My hair really changed post-pregnancy. It used to be straight; now it's all wavy in the back! But I don't fight it. And I've learned to do a lot with a little makeup: I curl my lashes, put on mascara, and apply a natural-looking cream blush. Then I finish with a soft, not-too-pink lipstick.

What if you don't have time even for that?
I focus on making one feature stand out. A bright eyeliner is the makeup equivalent of a cool accessory—I draw a thin line along my top lashes to just past the outer corners, then I add mascara. It looks like you've put in real effort, even when you haven't! —KAYLEIGH DONAHUE

For a speedy regimen like Heidi's, try (from top): Make Up For Ever Aqua Eyes Pencil in 7L, $18; Heidi Klum Shine eau de toilette, $35 for 1.7 oz; and Topshop Blush in Flush, $12.

KLUM: DON FLOOD/CORBIS OUTLINE; KNOWLES: MARION CURTIS/STARTRAKSPHOTO.COM; DECKER: WIREIMAGE/GETTY IMAGES. STILLS: PHOTOGRAPHED BY GREG MARINO/STUDIO D.

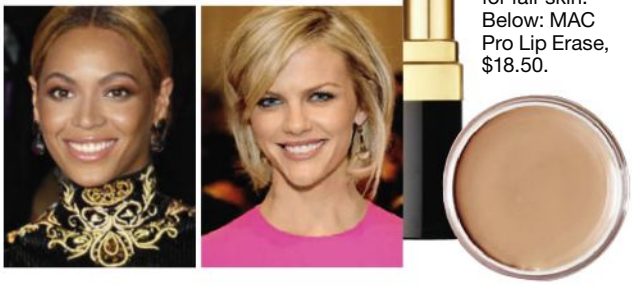
DO I NEED...

...a skin-care brush?

You don't *need* one, but "if your skin looks dull, try an electric brush a few times a week in place of exfoliating," says Jeannette Graf, assistant clinical professor of dermatology at Mount Sinai Medical Center in New York City. (On sensitive skin, glide—don't press—the brush across skin.) Two of our favorites: Clarisonic Mia Sonic Skin (left), $149, "which has bristles that spin in multiple directions to dislodge gunk better," says Graf; and Olay Professional Pro-X Advanced Cleansing System, $30. Our editors loved the precision of Olay's smaller brush head—and the bargain price. —KRISTA BENNETT DEMAIO

TREND SPOT

BEIGE LIPS



Chanel Rouge Coco Shine in Canotier (left), $32, is ideal for fair skin. Below: MAC Pro Lip Erase, $18.50.

We never thought of pale nude lipstick as being universally flattering until we spotted it on two women with very different skin tones: Beyoncé and Brooklyn Decker. Makeup artist Tracy Murphy, who created Brooklyn's look (near left), says the trick to a pretty beige mouth is concealer (she likes MAC Pro Lip Erase). "Pat it on your lips first to mute them," she says. "Then you won't need a really pale lipstick, which can wash you out, to get the look." Instead, try a warm yellow or golden-nude color—nothing whitish or icy—with a little shine. Makeup artist Francesca Tolot, who did Beyoncé's makeup (far left), adds, "Don't go more than one shade lighter than your skin color." (For dark skin, we like MAC Lipstick in Siss, $14.50.) Finish the look with lots of mascara and a bright blush. —K.B.D.

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fall essentials

BROOKE HYDEN
ZAPPOS.COM'S STYLE EXPERT

Update your wardrobe this fall with head-to-toe essentials from **Zappos.com!** From trendy jeans to sleek pumps, shopping is made easy with the simple click of a button. Zappos.com's Style Expert, Brooke Hyden, shows you which must-have items to pair together as the weather cools down.

Find Your Match!

1/D Looking for an outfit that's both comfy and cute? Try dark rinse skinny jeans with a vintage-style striped tee. This combo makes a statement of relaxed elegance.

True Religion Julie, SKU: 7620027; Splendid Striped Henley, SKU: 7833550

2/A Dress up any ensemble with great accessories. This hobo-style bag is the perfect complement to croc-inspired pumps! Pair with jeans and a white shirt to make them really stand out.

Rockport Juliet Pump, SKU: 7809872; Tignanello Boldly Buckled Hobo, SKU: 7793906

3/E Make your outfit pop with a neutral tote bag and edgy mary janes. When paired with a bright printed dress, the soft colors balance your overall style.

B. Makowsky Angie Tote, SKU: 7785892; Ecco Kiev Mary Jane, SKU: 7770588

4/B Add a little spice to classic black boot cut pants with chic leather booties. Both pieces easily transition from the office to happy hour drinks with the girls!

Rieker 56596 Sarah 96, SKU: 7564198; Jag Jeans Brett Mid Boot Basic Stretch Twill, SKU: 7709887

5/C Be daring in a fresh, contemporary printed top with classic ballet flats. Wear with black skinny jeans to complete this trendy look.

Gabriella Rocha Montgomery Mosaic Print Top, SKU: 7835194; Christin Michaels Julietta, SKU: 7822226

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Quickie beauty tricks

Hours of primping (and an army of primpers) went into these one key, supereasy tip. Here's how to do them in no time, with

GLAMOROUS RED LIPS

Why should every woman own a red lipstick? It's the fastest way to utterly transform yourself. Why many of us don't: We're scared it'll end up on our teeth, chin, or wine glass—and (oh, yeah) that we might look like a clown. To pull off a perfect crimson mouth like **Rose Byrne**'s, keep the rest of your face neutral and follow makeup artist Troy Surratt's trick: Before lipstick, apply a matching lip stain (try Maybelline New York Color Sensational Lipstain in Cherry Pop, $7.49, with Color Sensational Lipcolor in Very Cherry, right, $7.49). "It keeps the lipstick from creeping into fine lines," he says. "And the extra layer of color means fading won't be obvious."

SOFT, SEXY HAIR

If you have a cropped cut like **Cate Blanchett**'s, here's a fresh way to change it up for evening. "Keep it effortless rather than going too sleek," says GHD hairstylist Renya Xydis (who created Blanchett's look below). To achieve this, rake a dollop of mousse through damp hair, then blow-dry it with a medium-size round brush. No time for that? Skip straight to the final step: Rub a dab of pomade or styling cream (we like Bumble and Bumble Grooming Creme, right, $26) between your hands, then run them through your hair, finger-combing your ends. "This defines your layers and adds a sexy, slightly piece-y finish," Xydis says.

PRODUCTS PHOTOGRAPHED BY CHRISTOPHER COPPOLA/STUDIO D. BYRNE: GETTY IMAGES. BLANCHETT: WIREIMAGE/GETTY IMAGES. GROOMING CREME: COURTESY OF MANUFACTURER.

you can do

red carpet looks. But honestly, each boils down to your own two hands. By Kayleigh Donahue

DEWY SKIN

No, you don't need an on-call facialist to get radiant skin like **Sarah Jessica Parker**'s. There's a very simple way to fake it: "Blend a dot of cream highlighter from the tops of your cheekbones to your temples in a C shape," says Leslie Lopez, Parker's longtime makeup artist (she created the luminous look above). "You don't need a lot—just enough to look fresh." If you're fair, try a silvery or champagne highlighter, such as Smashbox Halo Highlighting Wand in Pearl (above), $32. On medium-tone skin, use a golden shade; for dark skin, go with a bronzy color.

SMOKY EYES IN TWO STEPS

When stars like **Penélope Cruz** wear this smoldering look, it signals *high drama*. To bring it down to earth, Chanel makeup artist Rachel Goodwin says to line your lids top and bottom with a carbon-black eye pencil (the deepest version of black). Try Givenchy Magic Kajal Eye Pencil, $22. Then, use a small shadow brush to sweep a dark gray or navy shadow on top of the lines (try one from Revlon Colorstay 12 Hour Eye Shadow quad in Sultry Smoke, right, $6.99). "This creates that hazy effect," Goodwin says. Drag the shadow slightly out past your eyes, and *bam*—instant bombshell!

PARKER: GETTY IMAGES. CRUZ: FILMMAGIC/GETTY IMAGES.

Andie is wearing Visible Lift Smooth Absolute in Sand Beige (172).
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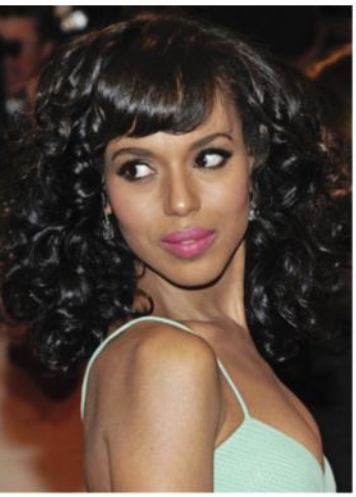


CURLS WITH OOMPH

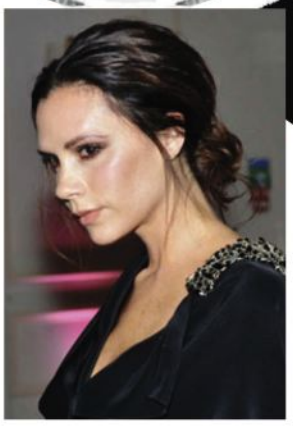
You don't need an eon with an iron to transform your naturally curly hair into flawless spirals. Get 'em in under 10 minutes (and get to happy hour faster) with this shortcut from hairstylist Takisha Sturdivant-Drew, who created **Kerry Washington**'s look at left: "Curl just the pieces around your face and on the outer layer of your hair, and you'll get basically the same look as if you'd curled all of your hair." If possible, start with a smoothing shampoo and conditioner in the shower, then rake a frizz-fighting product such as Carol's Daughter Macadamia Heat Setting Foam, $18, through hair and let it air-dry. Then, "use a one-inch curling iron and tightly wind each curl around the barrel, which creates those corkscrews," she says. "Once you've finished, brush through the ironed curls from roots to ears to add volume, and finish with a mist of hairspray."

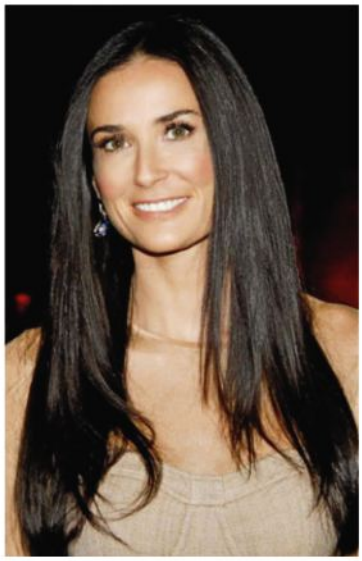
SUN-WARMED SKIN

If sweeping bronzer all over your face isn't giving you a realistic golden glow like **Sheryl Crow**'s, consider this: "Many makeup artists prefer to use foundation instead," says Rachel Goodwin, who recommends a color one to two shades darker than what you normally use. "Make sure to blend it down your jawline and neck, too." If you want to take a lighter approach, dust a matte bronzer such as The Body Shop Bronzing Powder (above), $18.50, only on spots where the sun hits: cheeks, temples, and even your hairline (it works, trust us). "Then add peach blush on the apples of your cheeks," Goodwin says.

SCULPTED CHEEKS

If you can't stop staring at **Victoria Beckham**'s angular cheekbones either, try Leslie Lopez's tip for contouring your cheeks (we promise you won't look like a *Dynasty* rerun): "Suck in your cheeks, then lightly sweep a beige powder, if you're fair, or a bronzer, if you have medium or dark skin, in the hollows, making sure to swirl the brush along your skin rather than swiping it up and down," she says. Finish with a rosy blush on the tops of cheeks. Or try L'Oréal Paris One Sweep Sculpting Blush Duo (above in Poppy), $12.95; the indented brush applies contour powder and blush in one swoosh.





SHINY HAPPY HAIR

Demi Moore is a modern-day Rapunzel—that *length,* that *shine!* If you weren't born with a glossy heap like hers, you can still get gleaming in seconds. "Work a dab of shine serum through dry hair from your ears down, to avoid your roots," says Renya Xydis. We like Redken Glass 01 Smoothing Serum, $15. If you have a few extra minutes, mist dry hair with a heat-protecting spray such as Pantene Pro-V Heat Protection & Shine Spray, $5.99, then run a flat iron over it, but (again) only from the ears down. This flattens the cuticles so light reflects off hair better while keeping volume intact. "Just don't do that every day," says celebrity hairstylist Oribe. "Over time, heat damage can make your hair less naturally shiny."

WASHINGTON, MOORE: GETTY IMAGES. CROW: GETTY IMAGES FOR CMT. BECKHAM: WIREIMAGE/GETTY IMAGES.

"WE ALL HAVE TO DO 10 THINGS AT ONCE. PERFECTLY."

Julianna Margulies

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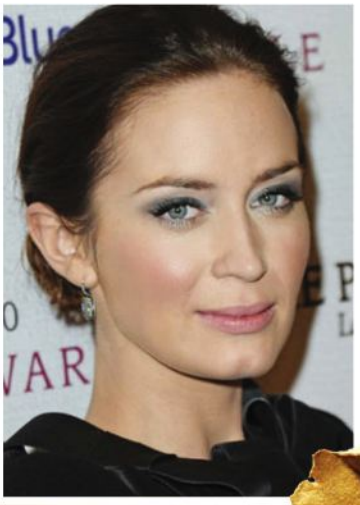

SILVER SHADOW

Stars like **Emily Blunt** (far left) wear this color for one simple reason: "Platinum shadow really makes your eyes stand out," says Tim Quinn, Giorgio Armani Beauty's celebrity makeup artist. "Brush it on both your top and bottom lids," he adds. "It sounds kooky, but if you apply the color softly, it's eye-brightening." Try Mark I-Mark Metallics Shadow in Moonshine (second from left), $5. Finish with a smudgy line of charcoal pencil or shadow along your top lids (such as Mark I-Mark Metallics Shadow in Lava, far left, $5). And keep in mind that silver shadow can look ashy on dark skin, so it's best reserved for fair tones.

GOLD SHADOW

When in doubt, go for metallic gold—the color looks fantastic on everyone. "For lighter skin, pick a bronzy or rose-gold color," says Quinn (we like Nars Cream Eyeshadow in Savage, $23). "Medium or deep skin tones like **Jada Pinkett Smith**'s (near left) look great in brighter, yellow-y golds." Try Shiseido Shimmering Cream Eye Color in Techno Gold (near left), $26. Another reason to love this trick: no brush needed! "Gold looks best when it's patted on with your finger," Quinn says. "You really get the impact of the color."

WINGED LINER

A crisp flick of black eyeliner gives you chic, wide-eyed appeal. The easiest way to create it, says Rachel Goodwin (who did **Emma Stone**'s look here), is with a cream or gel liner, such as Essence Gel Eyeliner in Midnight in Paris (above), $3.49. "It lasts as long as a liquid formula, but it doesn't dry immediately, so you can fix mistakes," she says. Apply the color using a thin, pointy brush like Bobbi Brown Ultra Fine Eyeliner Brush (left), $25. Then try Goodwin's trick for a flawless winged finish: "Picture a curved line connecting your eye's outer corner with the tip of your brow's tail, and trace along it a quarter of the way up."

A TWO-SECOND UPDO

When you don't have time to deal, be like **Uma Thurman** and do the twist. Hairstylist Oribe's solution for a speedy chignon: If you've shampooed, let your hair air-dry—"The more texture and softness, the better!" he says—then gather it into a high ponytail. But don't secure with an elastic; instead, wrap the tail around itself not too tightly (otherwise it can look prissy), and anchor the bun with bobby pins. "Don't worry if some of the ends are sticking out," he says. "It's those little imperfections that keep the style from looking strict." To further enhance the sexy, undone feel, tug out a few wisps around your hairline. Then set the look with a light mist of an aerosol hairspray (pump sprays can create a crunchy finish—hello, '80s!). Try Sebastian Shaper Plus Touchable Extra-Hold Hairspray, $16.95.

BLUNT, PINKETT SMITH, THURMAN: GETTY IMAGES. STONE: WIREIMAGE/GETTY IMAGES.

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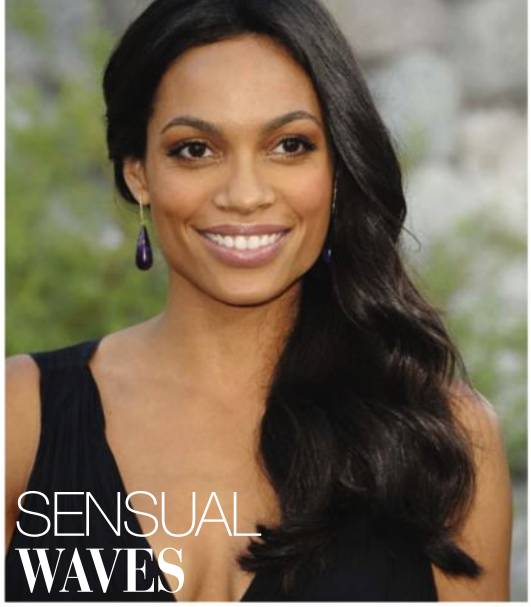
*EverSleek System includes a shampoo, a conditioner and a treatment.

PRETTY **PINK** LIPS

Wanted: An evening lip color that's more eye-catching than the usual rose or neutral, but just as romantic. The solution: watermelon pink. "It's a cool, youthful shade that flatters everyone," says Troy Surratt. For a vibrant look like **Rachel McAdams**'s, pick a hue a few shades brighter than your lips. "The darker your skin, the warmer and deeper the pink should be," Surratt says. For fair or medium skin, try CoverGirl Lip-Perfection in Fairytale (above), $6.50. For deep skin, go with Lancôme Color Design Lipcolor in Posh Pink, $22.

SHOWSTOPPING LASHES

These days in Hollywood, lashes are like box-office grosses: the bigger, the better. But you don't need to bother with falsies to get a full, sexy fringe. All it takes is a lash curler and two superquick mascara tricks, says Tim Quinn, who created **Megan Fox**'s sultry look here. (And, for the record, Quinn swears Megan isn't wearing fakes.) Start by curling your lashes. Then, he recommends using a mascara that's both lengthening and volumizing, such as Giorgio Armani Eyes to Kill Excess Mascara, $30. As you apply the mascara, pull the wand up and out at your lashes' outer corners. After brushing the color onto the undersides of lashes, coat the tops, too. "These extra steps will elongate and lift your lashes in a similar way to how they'd look if you used fakes," Quinn says.



SENSUAL **WAVES**

Cascading, Aphrodite-style ripples like **Rosario Dawson**'s never go out of style—or lose their sex appeal. The easiest way to nab this look? "Curl your hair in big sections, which creates thick, natural-looking waves," says Oribe. First, spritz a volumizer, such as Oribe Maximista Thickening Spray (right), $26, on damp hair and let it air-dry. Then, curl it with a clampless iron, like the T3 SinglePass Whirl (far right), $130, which gives a looser curl than a regular iron. "Hold it vertically and roll hair away from your face," he says. "When you're finished, brush everything out."

A **GLISTENING** BOD

Kim Kardashian's secret? "Body oil!" says makeup artist Rob Scheppy, who used it on the reality star here. "It gives skin that just-moisturized sheen, but for longer than if you use regular lotion." To prevent a greasy look, avoid baby oil and choose a product like Farmhouse Fresh Agave Nectar Body Oil (below), $16. Rub it sparingly (you can always add more) on your décolleté, arms, and legs.

SEE SHOPPING GUIDE, LAST PAGES, FOR DETAILS.

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Q I'm too young to be getting sun spots. Make them go away!

See spots run (or, rather, fade) with these expert tips.

A THE DERMATOLOGIST SAYS:

David Bank, assistant clinical professor of dermatology at Columbia University/ Presbyterian Hospital in New York City

"Excessive sun exposure in your youth may have damaged the cells that produce melanin—i.e., your skin's pigment—leading to dark spots on your face, chest, and hands. To treat them, use a daily serum or lotion containing an ingredient that slows melanin production." Those include soy and vitamins A and C, plus new options Bank finds promising: hexylresorcinol (found in Clarins Vital Light Serum, below) and Dianella ensifolia, a plant ingredient (found in Clinique Even Better Clinical Dark Spot Corrector, $49.50). Expect these ingredients to take about three months to work. For faster help, there are in-office lasers such as Fraxel and Diode. "Each costs between $500 and $1,000 per treatment, but I've had patients eliminate spots entirely after two treatments," says Bank.

A THE FACIALIST SAYS:

Kate Somerville, owner of Kate Somerville Skin Health Experts spa in Los Angeles and founder of Kate Somerville Skin Care

"You can't just treat spots; you have to protect your skin from the sun *every day* or the spots will come back. Morning and night, smooth on a serum that has a potent antioxidant such as vitamin C, coffeeberry, alpha lipoic acid, or co-enzyme Q10 to help protect from sun damage." Then—broken record alert!—apply a daily broad-spectrum sunscreen with SPF 30 or higher on your face, neck, chest, and hands. At night, use a moisturizer or treatment containing retinol or peptides. "These speed up cell turnover to help reveal newer, brighter skin," says Somerville, who also recommends exfoliating several times a week, "but not on the same day you use a retinol product—the combination could cause irritation."

A THE MAKEUP ARTIST SAYS:

Sandy Linter, Lancôme makeup artist and author of *The Makeup Wakeup: Revitalizing Your Look at Any Age*

"To cover a sun spot, you need the thickest concealer possible, which is often labeled 'cover-up' and usually comes in a stick or pan." Choose the closest match to your skin tone and wait a full five minutes for skin to dry after applying moisturizer and sunscreen before you put it on. Step into natural light—"or at least the level of light you'll be in for the day," says Linter—and, using a small, pointy concealer brush, dot it directly on the spot. Add one to two more layers, feathering around the edges to blend—then keep your paws off your face. "Body heat from your fingers can dissolve makeup," says Linter, who sets cover-up with a dusting of translucent powder (try L'Oréal Paris Translucide Loose Power, $11.79).

—ELIZABETH EINSTEIN

SPOT REMOVAL

Clarins Vital Light Serum, $85

Olay Regenerist Daily Regenerating Serum, $18.99, has a peptide complex to boost radiance.

Lancôme Bienfait SPF 50+ Facial Sunscreen, $35

Obagi Professional-C Serum 15%, $74, delivers a generous dose of vitamin C.

Dermablend Quick-Fix Concealer, $22

TOP LEFT: DIMITRI VERVITSIOTIS/GETTY IMAGES. EXPERTS: COURTESY OF SUBJECTS. PRODUCTS, FROM LEFT: COURTESY OF MANUFACTURER (3). PHOTOGRAPHED BY GREG MARINO/STUDIO D (2).

SEE SHOPPING GUIDE, LAST PAGES, FOR DETAILS.

Does depression hold you back from what you enjoy?

Depression is a serious medical condition that can take so much out of you. It can make you feel sad, helpless and uninterested in your favorite activities.

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PRISTIQ 50 mg is a prescription medication approved for the treatment of major depressive disorder in adults.

Important Safety Information About PRISTIQ

Suicidality and Antidepressant Drugs
Antidepressants increased the risk compared to placebo of suicidal thinking and behavior (suicidality) in children, teens, and young adults. Depression and certain other psychiatric disorders are themselves associated with increases in the risk of suicide. Patients of all ages who are started on antidepressant therapy or when the dose is changed should be monitored appropriately and observed closely for clinical worsening, suicidality, or unusual changes in behavior such as becoming agitated, irritable, hostile, aggressive, impulsive, or restless. Should these occur, report them to a doctor. PRISTIQ is not approved for use in children under 18.

People taking MAOIs should not take PRISTIQ. Tell your healthcare professional about all prescription and over-the-counter medications you are taking or plan to take, including: medicines to treat migraines or psychiatric disorders, to avoid a potentially life-threatening condition; and aspirin, NSAID pain relievers, or blood thinners because they may increase the risk of bleeding.

PRISTIQ may cause or make some conditions worse, so tell your healthcare professional about all your medical conditions, including:

- High blood pressure, which should be controlled before you start taking PRISTIQ and monitored regularly
- Heart problems, high cholesterol or triglyceride levels, or a history of stroke, glaucoma or increased eye pressure, kidney or liver problems, or have low sodium levels in your blood
- Mania, bipolar disorder, or seizures or convulsions
- If nursing, pregnant, or plan to become pregnant

Discontinuation symptoms may occur when stopping or reducing PRISTIQ, so talk to your healthcare professional before stopping or changing your dose of PRISTIQ. Until you see how PRISTIQ affects you, be careful driving a car or operating machinery. Avoid drinking alcohol while taking PRISTIQ. Side effects when taking PRISTIQ 50 mg may include nausea, dizziness, sweating, constipation, and decreased appetite.

Please see Important Risk Information for PRISTIQ on the following page.

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch, or call 1-800-FDA-1088.

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IMPORTANT FACTS ABOUT Pristiq® desvenlafaxine EXTENDED-RELEASE TABLETS

(pris•teek')
Pristiq® - (desvenlafaxine) Extended-Release Tablets

Read the Medication Guide that comes with you or your family member's antidepressant medicine. Talk to your, or your family member's, healthcare provider about:
- all risks and benefits of treatment with antidepressant medicines
- all treatment choices for depression or other serious mental illness

What is the most important information I should know about antidepressant medicines, depression and other serious mental illnesses, and suicidal thoughts or actions?

1. Antidepressant medicines may increase suicidal thoughts or actions in some children, teenagers, and young adults within the first few months of treatment.

2. Depression and other serious mental illnesses are the most important causes of suicidal thoughts and actions. Some people may have a particularly high risk of having suicidal thoughts or actions. These include people who have (or have a family history of) bipolar illness (also called manic-depressive illness) or suicidal thoughts or actions.

3. How can I watch for and try to prevent suicidal thoughts and actions in myself or a family member?

- Pay close attention to any changes, especially sudden changes, in mood, behaviors, thoughts, or feelings. This is very important when an antidepressant medicine is started or when the dose is changed.
- Call the healthcare provider right away to report new or sudden changes in mood, behavior, thoughts, or feelings.
- Keep all follow-up visits with the healthcare provider as scheduled. Call the healthcare provider between visits as needed, especially if you have concerns about symptoms.

Call a healthcare provider right away if you or your family member has any of the following symptoms, especially if they are new, worse, or worry you:
- thoughts about suicide or dying
- attempts to commit suicide
- new or worse depression
- new or worse anxiety
- feeling very agitated or restless
- panic attacks
- trouble sleeping (insomnia)
- new or worse irritability
- acting aggressive, being angry or violent
- acting on dangerous impulses
- an extreme increase in activity and talking (mania)
- other unusual changes in behavior or mood

What else do I need to know about antidepressant medicines?

- **Never stop an antidepressant medicine without first talking to a healthcare provider.** Stopping an antidepressant medicine suddenly can cause other symptoms.
- **Antidepressants are medicines used to treat depression and other illnesses.** It is important to discuss all the risks of treating depression and also the risks of not treating it. Patients and their families or other caregivers should discuss all treatment choices with the healthcare provider, not just the use of antidepressants.
- **Antidepressant medicines have other side effects.** Talk to the healthcare provider about the side effects of the medicine prescribed for you or your family member.
- **Antidepressant medicines can interact with other medicines.** Know all of the medicines that you or your family member takes. Keep a list of all medicines to show the healthcare provider. Do not start new medicines without first checking with your healthcare provider.
- **Not all antidepressant medicines prescribed for children are FDA approved for use in children**. Talk to your child's healthcare provider for more information.

Important Information about Pristiq

Read the patient information that comes with Pristiq before you take Pristiq and each time you refill your prescription. There may be new information. If you have questions, ask your healthcare provider. This information does not take the place of talking with your healthcare provider about your medical condition or treatment.

What is Pristiq?

- Pristiq is a prescription medicine used to treat depression. Pristiq belongs to a class of medicines known as SNRIs (or serotonin-norepinephrine reuptake inhibitors).
- Pristiq is not approved for use in children and adolescents.

Who should not take Pristiq? Do not take Pristiq if you:

- are allergic to desvenlafaxine, venlafaxine or any of the ingredients in Pristiq.
- currently take, or have taken within the last 14 days, any medicine known as an MAOI. Taking an MAOI with certain other medicines, including Pristiq, can cause serious or even life-threatening side effects. Also, you must wait at least 7 days after you stop taking Pristiq before you take any MAOI.

What should I tell my healthcare provider before taking Pristiq?

Tell your healthcare provider about all your medical conditions, including if you:
- have high blood pressure
- have heart problems
- have high cholesterol or high triglycerides
- have a history of stroke
- have glaucoma
- have kidney problems
- have liver problems
- have or had bleeding problems
- have or had seizures or convulsions
- have mania or bipolar disorder
- have low sodium levels in your blood
- are pregnant or plan to become pregnant. It is not known if Pristiq will harm your unborn baby.
- are breastfeeding. Pristiq can pass into your breast milk and may harm your baby. Talk with your healthcare provider about the best way to feed your baby if you take Pristiq.

Serotonin syndrome or neuroleptic malignant syndrome (NMS)-like reactions

Rare, but potentially life-threatening, conditions called serotonin syndrome or Neuroleptic Malignant Syndrome (NMS)-like reactions can happen when medicines such as Pristiq are taken with certain other medicines. Serotonin syndrome or NMS-like reactions can cause serious changes in how your brain, muscles, heart and blood vessels, and digestive system work.

Especially tell your healthcare provider if you take the following:
- medicines to treat migraine headaches known as triptans
- St. John's Wort
- MAOIs (including linezolid, an antibiotic)
- tryptophan supplements
- silbutramine
- tramadol
- medicines used to treat mood, anxiety, psychotic, or thought disorders, including tricyclics, lithium, selective serotonin reuptake inhibitors (SSRIs), or serotonin norepinephrine reuptake inhibitors (SNRIs), antipsychotic drugs, or other dopamine antagonists, such as metoclopramide

Ask your healthcare provider if you are not sure whether you are taking any of these medicines.

Before you take Pristiq with any of these medicines, talk to your healthcare provider about serotonin syndrome. See "What are the possible side effects of Pristiq?"

Pristiq contains the medicine desvenlafaxine. Do not take Pristiq with other medicines containing venlafaxine or desvenlafaxine.

Switching from other antidepressants

Side effects from discontinuing antidepressant medication have occurred when patients switched from other antidepressants, including venlafaxine, to Pristiq. Your doctor may gradually reduce the dose of your initial antidepressant medication to help reduce these side effects.

What should I avoid while taking Pristiq?

- Do not drive a car or operate machinery until you know how Pristiq affects you.
- Avoid drinking alcohol while taking Pristiq.

What are the possible side effects of Pristiq?

Pristiq can cause serious side effects, including:
- **See the beginning of this page.**
- **Serotonin syndrome or neuroleptic malignant syndrome (NMS)-like reactions. See "What should I tell my healthcare provider before taking Pristiq?"**

Get medical help right away if you think that you have these syndromes. Signs and symptoms of these syndromes may include one or more of the following:
- restlessness
- hallucinations (seeing and hearing things that are not real)
- coma
- nausea
- vomiting
- confusion
- increase in blood pressure
- diarrhea
- loss of coordination
- fast heart beat
- increased body temperature
- muscle stiffness

Pristiq may also cause other serious side effects including:

- **New or worsened high blood pressure (hypertension).** Your healthcare provider should monitor your blood pressure before and while you are taking Pristiq. If you have high blood pressure, it should be controlled before you start taking Pristiq.
- **Abnormal bleeding or bruising.** Pristiq and other SNRIs/SSRIs may cause you to have an increased chance of bleeding. Taking aspirin, NSAIDs (non-steroidal anti-inflammatory drugs), or blood thinners may add to this risk. Tell your healthcare provider right away about any unusual bleeding or bruising.
- **Glaucoma (increased eye pressure)**
- **Increased cholesterol and triglyceride levels in your blood**
- **Symptoms when stopping Pristiq (discontinuation symptoms).** Side effects may occur when stopping Pristiq (discontinuation symptoms), especially when therapy is stopped suddenly. Your healthcare provider may want to decrease your dose slowly to help avoid side effects.

Some of these side effects may include:
- dizziness
- nausea
- anxiety
- irritability
- sleeping problems (insomnia)
- sweating
- abnormal dreams
- tiredness
- diarrhea
- headache

- **Seizures (convulsions)**
- **Low sodium levels in your blood.** Symptoms of this may include headache, difficulty concentrating, memory changes, confusion, weakness, and unsteadiness on your feet. In severe or more sudden cases, symptoms can include hallucinations (seeing or hearing things that are not real), fainting, seizures and coma. If not treated, severe low sodium levels could be fatal.
- **Allergic reactions.** Some reactions can be severe such as swelling beneath the skin (e.g., throat, face, hands). Contact your healthcare provider if you think you have any of these side effects.

Common side effects with Pristiq include:
- nausea
- headache
- dry mouth
- sleepiness
- dilated pupils
- insomnia
- constipation
- loss of appetite
- tremor
- diarrhea
- vomiting
- anxiety
- dizziness
- decreased sex drive
- delayed orgasm and ejaculation
- sweating
- tiredness

These are not all the possible side effects of Pristiq. Tell your healthcare provider about any side effect that bothers you or does not go away. Call your doctor for medical advice about side effects. For more information on these and other side effects associated with Pristiq, talk to your healthcare provider, visit our web site at www.pristiq.com or call our toll-free number 1-888-Pristiq.

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch, or call 1-800-FDA-1088.

Contact Information

Please visit our web site at www.pristiq.com, or call our toll-free number 1-888-Pristiq to receive more information. This product's label may have been updated. For current package insert and further product information, please visit www.pfizer.com or call our medical communications department toll-free at 1-800-934-5556.

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Pfizer helpful answers

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Kooky **memory** tricks that work

Doodling during that meeting actually helps you concentrate.

Ever start a sentence and then completely blank on what you were saying? Hey, it happens, but these simple tips will make it easier to remember where you put your keys, glasses, and kid's left shoe—and help defend your brain against true senior moments later. Try 'em before you forget you wanted to!

DOODLE Zoning out during a meeting? Sketch something on your notepad. People who colored in shapes while listening to someone speak were 29 percent more likely to recall the information they'd heard than nondoodlers, according to a report in *Applied Cognitive Psychology*. "Doodling keeps you focused on the action of drawing and stops you from daydreaming. You can still listen while doing it, whereas daydreaming reduces attention to what's being said," says researcher Jackie Andrade, Ph.D.

FIND A NEW FAVORITE BLOG Note to bosses everywhere: Web browsing may not seem great for productivity, but it can boost brainpower. After people in a study searched for information on a variety of topics, brain scans showed they had more activity in the memory and decision-making areas of the brain. Browsing a subject you love works best, so go ahead and Google "celeb gossip"—or "duct tape artwork," if that's your thing.

WATCH A FUNNY VIDEO CLIP Major stress disrupts brain-cell communication in the hippocampus (the area of your brain that controls memory), according to research from the University of California, Irvine. Laughing, however, may lower stress-hormone levels and counteract this effect. (A suggestion from this month's Manifesto star, Paul Rudd, on page 128: Try the *America's Funniest Home Videos* highlights at abc.go.com. "There's nothing like the unbridled joy of watching somebody fall or have a painful injury or just get kicked in the nuts," he says.)

GO FOR A WALK Take a stroll before your next big presentation: A 20-minute power walk is enough to significantly improve your brainpower for about an hour, says Charles Hillman, Ph.D., associate professor of kinesiology at the University of Illinois. In one of his studies, people performed better on difficult memory tests 30 minutes after doing cardio. Why? Aerobic exercise may increase blood flow to the brain and improve your ability to learn new things. —KELLY MICKLE

PHOTOGRAPHED BY ERICKA MCCONNELL.

WHAT EASES SCHOOL PANIC?

No, honey, that *won't* make the school bus disappear.

School anxiety is on the rise, says Diane Peters Mayer, a psychotherapist in Doylestown, PA—and it can show up in children as headaches, stomachaches, or other reasons to stay home sick. "A lot of the increase in kid angst I've seen is linked to family stress from a tough economy," she says. If a family moves because of a job change, or parents are stressed by juggling work and child care, that can make a kid feel scared and unstable—which can turn into a fear of going to school. Here's how to deal.

Preschoolers and kindergarteners: Reassure them with facts. "Tell them who's dropping them off and picking them up and when," says Tamar Chansky, Ph.D., author of *Freeing Your Child From Anxiety*. "And every time you drive by school, wave and say, 'Hi, swing set! Hi, preschool!' to make it something to look forward to."

Late elementary and middle schoolers: "Kids this age are likely to go from a system where they had a couple of teachers to one where every period is different and the work is tougher," says Joshua Sparrow, M.D., assistant professor of psychiatry at Harvard Medical School. Talk about how and when homework will get done, and remind kids of past successes (like learning to ride a bike) that seemed overwhelming at first, Chansky says.

High schoolers: Social pressures like being in the "wrong" clique or even being bullied are common anxiety triggers here. It can also be more extreme: "If your teen loses complete interest in school or says there's no point in going, that could be a sign of depression," Chansky says.

Whatever you do, don't let school stress slide. "Avoiding the fear will only make it more severe," Sparrow says. If things haven't improved by Thanksgiving, ask your pediatrician to recommend a therapist who takes your insurance. —AMY LEVIN-EPSTEIN

ASK *THE DOCTORS*

Botox for **migraines**

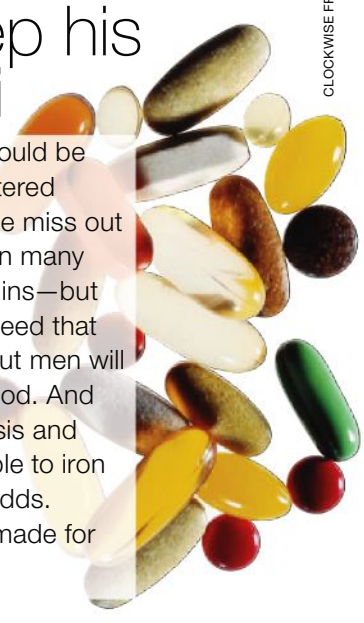
Q What's up with Botox for headaches? Will treating forehead wrinkles also make my migraines go away?

Andrew Ordon, M.D., is a board-certified plastic surgeon and cohost of the syndicated talk show *The Doctors*. Check local listings for showtimes.

Send your health questions to askthedoctors@redbookmag.com.

A Botox does seem to be turning into a miracle drug. As a plastic surgeon, I use it every day on frown lines and crow's-feet, but it's now also used in different ways to treat medical problems such as excessive sweating, overactive bladder, prostate issues, pain during sex, and, yes, migraines. The common thread among these conditions is muscle contraction, which Botox blocks. The treatment for migraines involves 31 injections to seven specific sites in the head and neck (not the same places where it's used on wrinkles) to block the spasms that can lead to headaches. The relief lasts for up to three months. If you're interested, ask your neurologist to refer you to a doctor who *specializes* in Botox for this purpose, and be sure to tell him about any other Botox you've gotten. In large amounts, it can bring on symptoms of botulism, including paralysis. It's rare, but you can't be too careful.

Why he should keep his **mitts off** your multi



If your guy pilfers your vitamins, tell him they could be bad for his health, says Roberta Anding, registered dietitian for the Houston Astros. Not only will he miss out on the prostate protector lycopene—which is in many men's formulations, but not in other multivitamins—but women's brands also often include iron. You need that to replace what you lose during your period, but men will store this extra iron in their liver, heart, and blood. And for a small percentage, that can lead to cirrhosis and even heart damage. "A lot of men are vulnerable to iron overload already because of their diets," she adds. If your guy wants to take a multi, make it one made for him, such as One A Day Men's. —SARA VIGNERI

CLOCKWISE FROM TOP LEFT: MELANIE ACEVEDO, COURTESY OF CBS, BRIAN HAGIWARA/GETTY IMAGES.

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Get your flu shot now. **Yes, now!**

You may not be worried about coughing, chills, and fever until temperatures drop and you pull out your wool sweaters, but late summer/early fall is actually the best time to get vaccinated against the flu, says Wilbur Chen, M.D., assistant professor at the Center for Vaccine Development at the University of Maryland School of Medicine in Baltimore. Strains can and do pop up at this time of year, and the vaccine can take a full two weeks to reach peak effectiveness in the body, Chen says. According to the Centers for Disease Control and Prevention, everyone 6 months or older should get the jab. There's one fall errand you can check off your list early! —MARIEL RITTENHOUSE-GOODSON

MAN MEDICINE

I've been bugging my husband to go to his doctor for a checkup, but he always resists. Is a yearly physical really necessary for men, or should I just leave him alone?

"You might want to give it a rest. Your husband will be happy to hear that healthy men in their 30s and 40s who don't have any underlying conditions, like diabetes, only need an exam with the family doctor two or three times a decade. The main benefits are building a doctor-patient relationship and spotting harmful habits that could lead to problems down the road—like smoking, drinking too much, or lack of exercise. If your guy's habits are healthy, he's off the hook, although he should still get a flu shot at the drugstore every year and, while he's there, check his blood pressure. If it's consistently higher than 135 over 85, he should meet with a physician to discuss a treatment plan. And every five years, starting at 35, he should have his cholesterol levels checked. Things will change once your guy hits 50, when he'll need to meet with his doctor to discuss colon and prostate cancer screening. And no matter how old he is, if he has any sudden symptoms such as blood in his urine or stool, coughing up blood, tightness in his chest, fainting, trouble breathing, a suspicious mole, or an enlarged lymph node, schedule a visit with his M.D., stat."

—John Wilkinson, M.D., is a family physician at the Mayo Clinic in Rochester, MN

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If she were any peppier, she'd fly away. We're kinda jealous.

Take our energy quiz!

Just answer eight questions from dietitian Ashley Koff and celebrity fitness trainer Kathy Kaehler to pinpoint what's really making you tired—and learn easy ways to charge up naturally.

If we could put natural, lasting energy in a bottle, we'd be *so* rich: Sales of pick-me-up drinks, herbs, and bars have quadrupled in the last decade. But, as nutrition and fitness experts who have worked with hundreds of women, we've seen these quick fixes backfire too many times to count. That's why we wrote the new book *Mom Energy*—we've made it our mission to help women rev up the healthy way. Raise your hand if you're ready to get started! (If you have the energy to move, that is.)

1 *I have caffeine (e.g., soda, coffee, tea, energy drinks):*
a. Never
b. Only in the morning, to get me going
c. All day; I should own stock in Coca-Cola and Starbucks

2 *At 7 p.m., I usually feel:*
a. Relaxed/fine
b. Hungry and tired
c. Depressed

3 *I feel refreshed when I wake up in the morning:*
a. Most days
b. Sometimes, like when I'm on vacation
c. Never—you've got to be joking!

4 *One glass of wine (or one other drink) makes me:*
a. Chatty or relaxed, in a good way
b. Hungry and apt to indulge in high-carb or fatty foods
c. Sleepy and oftentimes grumpy

5 *I've been on a diet:*
a. Never (or it was so long ago that I can't remember)
b. Within the last year
c. Since I was a teenager

6 *The last time I initiated sex was:*
a. Last week—it was great
b. Sometime in the last few months
c. No clue. What's sex, again?

7 *My kids and family typically:*
a. Adjust to my needs when I take time for myself
b. Don't let me take a break, and I'm not great at putting my foot down and scheduling me time
c. Always come first, no matter what

8 *My coworkers or friends would describe my energy as*:
a. Pretty good—I'm consistently alert and engaged
b. Hot and cold; I have highs and lows
c. Nonexistent. I barely have a pulse!

SCORING

Give yourself 3 points for every a *answer, 1 point for every* b, *and 0 points for every* c.

If you scored 8 points or fewer:
You're barely holding on, and you *know* that you are laying the groundwork for some serious health consequences too. *p.106* ➤

COLETTE DE BARROS.

For patients 12 years and older whose asthma is not well controlled on a long-term asthma medicine, or when disease severity warrants

My asthma... under control with the help of SYMBICORT.

When my symptoms came back, my doctor and I chose SYMBICORT to help improve my lung function.

SYMBICORT is an asthma control medicine that starts to work within 15 minutes,* helping me breathe better all day and night.† It won't replace a rescue inhaler for sudden symptoms. My doctor told me that SYMBICORT combines two medicines to help control inflammation and constriction.

Once your asthma is well controlled, your doctor will decide if you can stop taking SYMBICORT without loss of control and may prescribe a long-term asthma control medicine, such as an inhaled corticosteroid.

* Your results may vary.
† When taken twice daily.

Ask your doctor if SYMBICORT is a good choice for you.

IMPORTANT INFORMATION ABOUT SYMBICORT

Important Safety Information About SYMBICORT for Asthma

SYMBICORT contains formoterol, a long-acting beta$_2$-adrenergic agonist (LABA). LABA medicines such as formoterol increase the risk of death from asthma problems. It is not known whether budesonide, the other medicine in SYMBICORT, reduces the risk of death from asthma problems seen with formoterol.

SYMBICORT should be used only if your health care provider decides that your asthma is not well controlled with a long-term asthma control medicine, such as an inhaled corticosteroid, or that your asthma is severe enough to begin treatment with SYMBICORT.

If you are taking SYMBICORT, see your health care provider if your asthma does not improve or gets worse. It is important that your health care provider assess your asthma control on a regular basis. Your doctor will decide if it is possible for you to stop taking SYMBICORT and start taking a long-term asthma control medicine without loss of asthma control.

Children and adolescents who take LABA medicines may have an increased risk of being hospitalized for asthma problems.

SYMBICORT does not replace rescue inhalers for sudden asthma symptoms.

Be sure to tell your health care provider about all your health conditions, including heart conditions or high blood pressure, and all medicines you may be taking. Some patients taking SYMBICORT may experience increased blood pressure, heart rate, or change in heart rhythm.

Do not use SYMBICORT more often than prescribed. While taking SYMBICORT, never use another medicine containing a LABA for any reason. Ask your health care provider or pharmacist if any of your other medicines are LABA medicines, as using too much LABA may cause chest pain, increase in blood pressure, fast and irregular heartbeat, headache, tremor, and nervousness.

Patients taking SYMBICORT should call their health care provider or get emergency medical care:

- if you experience serious allergic reactions including rash, hives, swelling of the face, mouth and tongue, and breathing problems.
- if you think you are exposed to infections such as chicken pox or measles, or if you have any signs of infection. You may have a higher chance of infection.
- if you experience an increase in wheezing right after taking SYMBICORT, eye problems including glaucoma and cataracts, decreases in bone mineral density, swelling of blood vessels (signs include a feeling of pins and needles or numbness of arms or legs, flu like symptoms, rash, pain and swelling of the sinuses), decrease in blood potassium and increase in blood sugar levels.

If you are switching to SYMBICORT from an oral corticosteroid, follow your health care provider's instructions to avoid serious health risks when you stop using oral corticosteroids.

Common side effects include nose and throat irritation, headache, upper respiratory tract infection, sore throat, sinusitis, stomach discomfort, flu, back pain, nasal congestion, vomiting, and thrush in the mouth and throat.

Approved Uses for SYMBICORT for Asthma

SYMBICORT is a medicine for the treatment of asthma for people 12 years and older whose doctor has determined that their asthma is not well controlled with a long term asthma control medicine such as an inhaled corticosteroid or whose asthma is severe enough to begin treatment with SYMBICORT. SYMBICORT is not a treatment for sudden asthma symptoms.

Please see Important Product Information on adjacent page and discuss with your doctor.

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IMPORTANT INFORMATION ABOUT SYMBICORT

Please read this summary carefully and then ask your doctor about SYMBICORT.

No advertisement can provide all the information needed to determine if a drug is right for you or take the place of careful discussions with your health care provider. Only your health care provider has the training to weigh the risks and benefits of a prescription drug.

WHAT IS THE MOST IMPORTANT INFORMATION I SHOULD KNOW ABOUT SYMBICORT?

People with asthma who take long-acting beta$_2$-agonist (LABA) medicines, such as formoterol (one of the medicines in SYMBICORT), have an increased risk of death from asthma problems. It is not known whether budesonide, the other medicine in SYMBICORT, reduces the risk of death from asthma problems seen with formoterol.

SYMBICORT should be used only if your health care provider decides that your asthma is not well controlled with a long-term asthma control medicine, such as an inhaled corticosteroid, or that your asthma is severe enough to begin treatment with SYMBICORT. Talk with your health care provider about this risk and the benefits of treating your asthma with SYMBICORT.

If you are taking SYMBICORT, see your health care provider if your asthma does not improve or gets worse. It is important that your health care provider assess your asthma control on a regular basis. Your doctor will decide if it is possible for you to stop taking SYMBICORT and start taking a long-term asthma control medicine without loss of asthma control.

Get emergency medical care if:

- breathing problems worsen quickly, and
- you use your rescue inhaler medicine, but it does not relieve your breathing problems.

Children and adolescents who take LABA medicines may be at increased risk of being hospitalized for asthma problems.

WHAT IS SYMBICORT?

SYMBICORT is an inhaled prescription medicine used for asthma and chronic obstructive pulmonary disease (COPD). It contains two medicines:

- Budesonide (the same medicine found in Pulmicort Flexhaler™, an inhaled corticosteroid). Inhaled corticosteroids help to decrease inflammation in the lungs. Inflammation in the lungs can lead to asthma symptoms
- Formoterol (the same medicine found in Foradil® Aerolizer®). LABA medicines are used in patients with COPD and asthma to help the muscles in the airways of your lungs stay relaxed to prevent asthma symptoms, such as wheezing and shortness of breath. These symptoms can happen when the muscles in the airways tighten. This makes it hard to breathe, which, in severe cases, can cause breathing to stop completely if not treated right away

SYMBICORT is used for asthma and chronic obstructive pulmonary disease as follows:

Asthma

SYMBICORT is used to control symptoms of asthma and prevent symptoms such as wheezing in adults and children ages 12 and older.

Chronic Obstructive Pulmonary Disease

COPD is a chronic lung disease that includes chronic bronchitis, emphysema, or both. SYMBICORT 160/4.5 mcg is used long term, two times each day, to help improve lung function for better breathing in adults with COPD.

WHO SHOULD NOT USE SYMBICORT?

Do not use SYMBICORT to treat sudden severe symptoms of asthma or COPD or if you are allergic to any of the ingredients in SYMBICORT.

WHAT SHOULD I TELL MY HEALTH CARE PROVIDER BEFORE USING SYMBICORT?

Tell your health care provider about all of your health conditions, including if you:

- **have heart problems**
- **have high blood pressure**
- **have seizures**
- **have thyroid problems**
- **have diabetes**
- **have liver problems**
- **have osteoporosis**
- **have an immune system problem**
- **have eye problems such as increased pressure in the eye, glaucoma, or cataracts**
- **are allergic to any medicines**
- **are exposed to chicken pox or measles**
- **are pregnant or planning to become pregnant.** It is not known if SYMBICORT may harm your unborn baby
- **are breast-feeding.** Budesonide, one of the active ingredients in SYMBICORT, passes into breast milk. You and your health care provider should decide if you will take SYMBICORT while breast-feeding

Tell your health care provider about all the medicines you take including prescription and nonprescription medicines, vitamins, and herbal supplements. SYMBICORT and certain other medicines may interact with each other and can cause serious side effects. Know all the medicines you take. Keep a list and show it to your health care provider and pharmacist each time you get a new medicine.

HOW DO I USE SYMBICORT?

Do not use SYMBICORT unless your health care provider has taught you and you understand everything. Ask your health care provider or pharmacist if you have any questions.

Use SYMBICORT exactly as prescribed. **Do not use SYMBICORT more often than prescribed.** SYMBICORT comes in two strengths for asthma: 80/4.5 mcg and 160/4.5 mcg. Your health care provider will prescribe the strength that is best for you. SYMBICORT 160/4.5 mcg is the approved dosage for COPD.

- SYMBICORT should be taken every day as 2 puffs in the morning and 2 puffs in the evening.
- Rinse your mouth with water and spit the water out after each dose (2 puffs) of SYMBICORT. This will help lessen the chance of getting a fungus infection (thrush) in the mouth and throat.
- Do not spray SYMBICORT in your eyes. If you accidentally get SYMBICORT in your eyes, rinse your eyes with water. If redness or irritation persists, call your health care provider.
- Do not change or stop any medicines used to control or treat your breathing problems. Your health care provider will change your medicines as needed
- **While you are using SYMBICORT 2 times each day, do not use other medicines that contain a long-acting beta$_2$-agonist (LABA) for any reason. Ask your health care provider or pharmacist if any of your other medicines are LABA medicines.**
- SYMBICORT does not relieve sudden symptoms. Always have a rescue inhaler medicine with you to treat sudden symptoms. If you do not have a rescue inhaler, call your health care provider to have one prescribed for you.

Call your health care provider or get medical care right away if:

- your breathing problems worsen with SYMBICORT
- you need to use your rescue inhaler medicine more often than usual
- your rescue inhaler does not work as well for you at relieving symptoms
- you need to use 4 or more inhalations of your rescue inhaler medicine for 2 or more days in a row
- you use one whole canister of your rescue inhaler medicine in 8 weeks' time
- your peak flow meter results decrease. Your health care provider will tell you the numbers that are right for you
- your symptoms do not improve after using SYMBICORT regularly for 1 week

WHAT MEDICATIONS SHOULD I NOT TAKE WHEN USING SYMBICORT?

While you are using SYMBICORT, do not use other medicines that contain a long-acting beta$_2$-agonist (LABA) for any reason, such as:

- Serevent® Diskus® (salmeterol xinafoate inhalation powder)
- Advair Diskus® or Advair® HFA (fluticasone propionate and salmeterol)
- Formoterol-containing products such as Foradil Aerolizer, Brovana®, or Perforomist®

WHAT ARE THE POSSIBLE SIDE EFFECTS WITH SYMBICORT?

SYMBICORT can cause serious side effects.

- Increased risk of pneumonia and other lower respiratory tract infections if you have COPD. Call your health care provider if you notice any of these symptoms: increase in mucus production, change in mucus color, fever, chills, increased cough, increased breathing problems
- Serious allergic reactions including rash; hives; swelling of the face, mouth and tongue; and breathing problems. Call your health care provider or get emergency care if you get any of these symptoms
- Immune system effects and a higher chance for infections
- Adrenal insufficiency–a condition in which the adrenal glands do not make enough steroid hormones
- Cardiovascular and central nervous system effects of LABAs, such as chest pain, increased blood pressure, fast or irregular heartbeat, tremor, or nervousness
- Increased wheezing right after taking SYMBICORT
- Eye problems, including glaucoma and cataracts. You should have regular eye exams while using SYMBICORT
- Osteoporosis. People at risk for increased bone loss may have a greater risk with SYMBICORT
- Slowed growth in children. As a result, growth should be carefully monitored
- Swelling of your blood vessels. This can happen in people with asthma
- Decreases in blood potassium levels and increases in blood sugar levels

WHAT ARE COMMON SIDE EFFECTS OF SYMBICORT?

Patients with Asthma

Sore throat, headache, upper respiratory tract infection, thrush in the mouth and throat

Patients with COPD

Thrush in the mouth and throat

These are not all the side effects with SYMBICORT. Ask your health care provider or pharmacist for more information.

NOTE: This summary provides important information about SYMBICORT. For more information, please ask your doctor or health care provider.

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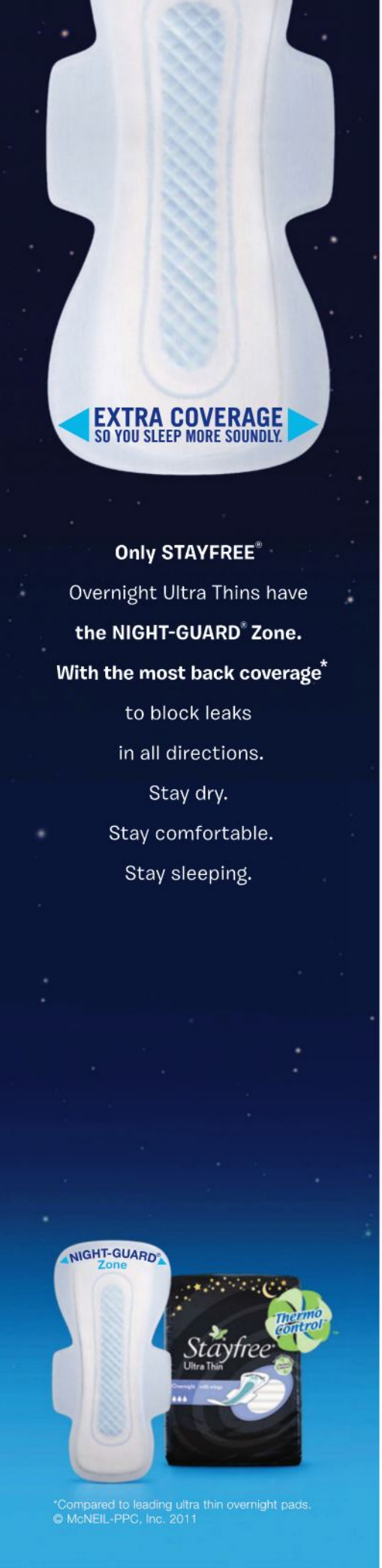


The thought of exercising more, eating better, and focusing on yourself sounds impossible, and you're likely the first to grab any product that promises pep.

If you scored 9 to 19 points:
This is where most women find themselves: You're doing a decent job of keeping all the balls in the air, but the juggling sometimes leaves you exhausted. You have some good, "up" days—and others when your energy is so low you want to call in sick and send your kids to someone else's house so you don't have to deal.

If you scored 20 points or more:
You get the gold star! You're lucky to be part of a small group of women who work hard at maintaining balance in their lives—and usually have plenty of energy in reserve for themselves.

TIME TO RECHARGE

This simple list of life tweaks will make you feel better than you have in years.

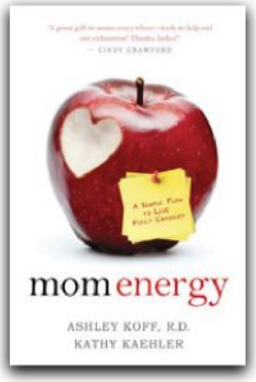
1. GET CHECKED OUT BY A DOC.
If it's been a while since you've seen a doctor for blood tests and general health stuff, make an appointment. It's truly astounding how many common conditions—like low thyroid hormone levels, anemia, sleep apnea, and depression—can manifest themselves as a major lack of verve. All of them are treatable, and if you've got one of them, you'll feel a huge difference once you're on the mend. Also be sure to note any medications you're taking: Common drugs like hormonal birth control, sleep and allergy meds, some pills for heartburn, and bone-density boosters can affect a person's energy levels.

2. REVIEW WHAT YOU'RE SIPPING.
It's fine to consume caffeine in reasonable amounts (coffee can even deliver some beautifying antioxidants), but if you start living off the stuff, it can perpetuate an endless cycle that results in restless nights and, ultimately, an overall lack of energy. Limit your intake to about the amount in two cups of coffee. Another sneaky energy drain: booze. A drink while you cook might relax you—but follow it up with another glass or two at dinner and it can seriously disrupt your sleep cycles, so you wake up tired day after day.

3. IF YOU'RE DIETING, QUIT!
Chronic dieters are chronically energy depleted. Traditional diets typically involve cycles of deprivation and indulgence, so rather than getting a constant flow of fuel from wholesome foods, you experience lots of highs and lows. The best rule for having a healthy waistline *and* feeling good is just to eat roughly every three or four hours. That will keep your engines stoked and also will trigger your body to use calories for fuel rather than store them as fat. The most energizing meals have a combo of protein, healthy carbohydrates (like whole grains or beans), and good fats (like in nuts or avocado). For a full week's worth of options that fit the bill, go to redbookmag.com/energymeals.

4. TAKE THIS VITAMIN.
B vitamins—such as thiamine (B1), riboflavin (B2), niacin (B3), folic acid (B9), and cyanocobalamin (B12)—are key to keeping our bodies energized. It's pretty easy to get them from foods like whole grains, beans, dark green veggies, and fish, but it's also easy to be stripped of them by stress and certain medications, like a birth control pill. So we always recommend that tired women go ahead and take a B-complex supplement.

5. DO SOMETHING JUST FOR YOU.
It's so important to schedule some time every week to do something that makes you happy—going for a quick walk, browsing the clearance racks at Nordstrom at lunchtime, meeting friends for dinner. Try it: We promise you'll return to your work and your family with a recharged battery. ®



Adapted from *Mom Energy: A Simple Plan to Live Fully Charged.*

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LAZY WOMAN'S FITNESS

THE BETTER-THAN-NOTHING MUFFIN TOP WORKOUT

Who *ever* feels like hitting the floor for a set of crunches? Instead, do this standing move from veteran fitness guru Kathy Smith while you wait for water to boil (or whatever). It tones the muscles on the sides of your stomach, which nip in your waist and help minimize muffin top.

A Stand with your feet hip-width apart, with your shoulders back and down. Put your left hand on your hip and your right hand behind your head, as shown.

B Pull your belly button in and up, then raise your right knee to waist height and bring your right elbow down toward your knee, as shown. Try not to pop your left hip out—keep the movement slow and controlled. Do this 10 times on each side.

DRIVE A LITTLE LESS, LOSE A WHOLE LOT

In a recent University of Illinois study, researchers examined 22 years' worth of data and found that the rise in vehicle use in the United States lines up directly with the uptick in obesity. The reason is pretty clear: Driving more means less activity. And it's even worse if you hit the drive-through (you're consuming more junk *and* burning fewer calories). "If every driver drove just one mile less per day, in six years the obesity rate would drop 2 percent," says researcher Sheldon Jacobson, Ph.D. Burning an extra 100 calories a day by walking or biking that mile instead of driving could help you lose 10 pounds in a year!

EXERCISE: IT'S NOT JUST FOR YOUR THIGHS!

If you hate to work out, even the promise of weight loss or a Beyoncé-like tush won't be enough to get you to the gym. That's why we asked the American College of Sports Medicine for some hard numbers on the even more important benefits of getting at least 30 minutes of activity five days a week. Check out the amazing stats. —JULIE HALPERT

HEART DISEASE
Exercise lowers your risk by ➨ 40 percent

BREAST CANCER
Exercise lowers your risk by ➨ 20 percent

DEPRESSION
Exercise lowers your risk by ➨ 30 percent

HYPERTENSION
Exercise lowers your risk by ➨ 40 percent

TYPE 2 DIABETES
Exercise lowers your risk by ➨ 58 percent

Bike, stroll, dance—it all counts, as long as you *move*.

WORKOUT: PHOTOGRAPHED BY DAVID A. LAND. MAKEUP: BELINDA ZOLLO FOR KATE RYAN. STYLIST: ELSA ISAAC. SHOES: SPERRY TOP-SIDER. JEWELRY: HELEN FICALORA. PROP STYLIST: KAREN OLSON FOR MARNIE ROSE AGENCY. WOMAN BIKING: ERICKA MCCONNELL. WOMAN IN CAR: IMAGE SOURCE/GETTY IMAGES.

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INTIMATE ANSWERS

House call! Ob/gyn Hilda Hutcherson, M.D., answers *your* most private health questions.

Dr. Hutcherson is an ob/gyn and a professor at Columbia University in New York City. Email her at askhilda@redbookmag.com.

Q *I'm trying to get pregnant. How reliable are those over-the-counter ovulation tests?*

A They're surprisingly right on—up to 97 percent accurate at predicting ovulation. The kits test your urine for luteinizing hormone (LH), which your body produces 12 to 48 hours before an egg is released. For the best chance of conceiving, I tell my patients using these tests to have sex right away when they see two lines appear on the ovulation pee stick (a positive result), and then every day for the next three days. Just know that while these kits are great at detecting the increase in the ovulation hormone, they won't tell you if the egg was actually released or pick up other fertility problems that might exist. So if you're over 30 and have been using these tests for six months without getting pregnant, see your doctor to find out if something might be going on.

CASE HISTORY

SEX WAS A **REAL** HEADACHE FOR HER

One of my patients was 45 years old when she began having seriously intense migraine headaches right after sex. They would come on just before she orgasmed and last an excruciating 30 to 45 minutes afterward. It definitely put a damper on that part of her life—in fact, she started to avoid sex completely. After a neurologist ruled out any serious medical conditions, we figured out that her headaches were caused by the increase in blood pressure that happens during orgasm. She started taking migraine medication and ibuprofen an hour before sex, and I suggested that she take a warm bath and have her husband give her a backrub during foreplay to help her relax (not a bad idea even if you don't have migraines!). It took some planning, but before long she was able to enjoy pain-free pleasure again.

PMS relief is right in your fridge. Be-leaf it!

Q *Are there any natural cures for PMS? I feel like mine is getting worse.*

A Absolutely. In my practice, I always have patients try a few natural remedies for PMS before using medications, like birth control pills, to get rid of symptoms. For starters, regular aerobic exercise has been shown to decrease the symptoms of PMS, so try to fit in 30 to 45 minutes of cardio at least three days a week—and not just in the days leading up to your period. We think working out eases cramps and crankiness mostly by boosting endorphins and helping you manage stress. It could also help to take a look at your diet. Salt, sugar, alcohol, and caffeine can all make PMS worse, while eating foods high in B vitamins—such as beans, spinach, and fortified cereal—decrease bloating and moodiness. And be sure you're getting enough sleep at night! Research shows that being well rested eases depression and mood problems, PMS-related or not.

FROM LEFT: COURTESY OF SUBJECT; DIMITRI VERVITSIOTIS/GETTY IMAGES.

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DERMAdoctor®

Birth control: Isn't it his turn?

If you and your guy are done having kids, the **vasectomy** is the least invasive, most effective form of permanent birth control. Intrepid reporter (and snip-ee) Mike Zimmerman digs up everything you both need to know about the procedure—so you can talk him into it.

Nearly every couple who's finished having children will eventually sit down to have "the talk" about permanent contraception. But the conversation will *never* go like this:
WOMAN: "Honey, I think you should have a vasectomy. It's simple, safe, and it'll make sex so much better for us."
MAN: "Sweetheart, you're absolutely right."
TOGETHER: "Let's make the appointment!"

Agreeing that you're done having kids is usually far easier than agreeing on who signs up for sterilization. But the choice between your tubes being tied and his getting snipped should be no biggie if you base it on statistical logic: "Vasectomy is by far the most effective form of permanent contraception," says Marc Goldstein, M.D., professor and surgeon-in-chief of male reproduction at Weill Cornell Medical College in New York City, who's performed more than 3,000 vasectomies himself. "It's 10 times more effective than a woman tying her tubes. Also, every year 25 to 30 women die during a tubal ligation procedure because of complications from anesthesia or injury to the blood vessels or bowel. Zero men die from vasectomy."

But for some guys (maybe one you know?), those reasons will not matter. It turns out that volunteering to be neutered is pretty high on the list of Things Ye Dare Not Do as recorded in the Secret Scrolls of Manhood. So why am I, a man, writing this story? I had a vasectomy myself (you can read all about it in a few short paragraphs), and the snip has done great things for my marriage and my sex life. Read this guide, show it to your guy, and decide for yourselves. ➤

MATTHEW MAHON/GALLERY STOCK.

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...without lasers![1]

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These results are not typical, all results may vary.[1]

AS SEEN IN NBC abc FOX CBS Home Journal Woman's Day Better Homes

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NO DOCTORS	✓			
MINIMAL RISKS	✓		✓	
NO RECOVERY TIME	✓			

ActiFade's® Precision Age - Defying Complex gently fades away the most stubborn age spots, sunspots, and liver spots visible on the face, neck chest, hands, arms, and legs.

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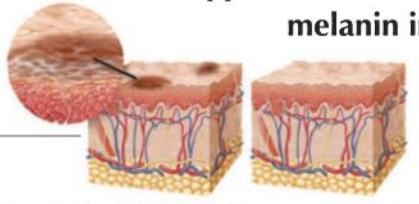

These results not typical. Individual results will vary.[1]

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Increase your confidence today with firmer, more even-toned skin! Find ActiFade® :face at Walgreens and ActiFade® in the skin care aisle at:

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:neck lift | :eyelid lift | skinbumps :KP

[1]The person pictured used the entire ActiFade® System, including the concealers, as directed for several months. Since skin pigmentation varies, your results may vary, even with use of the concealers. [2]#1 in the Fade Category (based on revenue) at points of distribution. [3]Based on ActiFade customer surveys.

Why men **balk** at vasectomies

"I would really like my husband to get one, but after lots of discussion, he continues to say no to vasectomy," says Heather, 37. "I'm terrible at remembering to take the Pill. It would be much easier for him to snip-snip. But no matter what logical argument I make, what wins out is the stigma of someone messing with his 'junk.'"

There you have one of the main reasons many guys are hesitant: "We spend our entire lives protecting our testes," says Wayne Weissman, M.D., cofounder of the Vasectomy Center in Seattle, who has performed 7,500 vasectomies. "Women have their gonads inside their abdomens! Men walk around with their sack exposed, and it's incredibly sensitive, so they feel more protective. Then, suddenly, you're supposed to spread your legs in a doctor's office. It's not intuitive for men."

Bill, 41, was against vasectomy when his wife first brought it up. "My worries were about future sexual performance—I mean, what if I lost my sex drive?" he admits. "That's a nonissue, it turns out. But it took several weeks to break me down. It didn't hurt that my wife promised to make it worth my while for the rest of my life." Mike, 40, hated the idea too, but eventually saw it as a fair trade-off. "Having the surgery wasn't exactly what I wanted to do, because as guys, we think it'll affect our manhood in some way," he says. "But after my wife carried and gave birth to three kids, it was really my turn to take one for the team."

For other men—like me, frankly—there's some serious pondering to be done about what a vasectomy *means*. It isn't just permanent contraception; it's a gateway between one life stage and the next. You have to come to terms with the fact that you're aging, that you're through procreating, that you'll be useless in any end-of-times scenario that requires survivors to repopulate the species. It is, quite decisively, setting in stone past accomplishments that will never be repeated. Moving on is not a man's best talent.

Giving up the ability to have more kids also makes a man consider a lot of darker, almost unthinkable things. What if someone dies? God forbid, but if a man loses his wife or a child, there's no going back to start over. And divorce? No one likes talking about it, but it happens.

If guys have misgivings about the no-more-kids thing, options exist. A man can bank sperm samples before the procedure. And if he has serious regrets, he can have a vasectomy reversal. But reversal surgery has a recovery time of three to four weeks, usually isn't covered by insurance, and costs $7,000 to $10,000, Weissman says. So experts advise that a man never have a vasectomy thinking, *Oh, I'll just reverse it later.* "Vasectomy should always be viewed as permanent contraception," Goldstein says.

My wife and I have three kids, and by 2005 we were very much done with family-building. I held out for as long as I could, but in the end, it just made sense.

Exactly what a vasectomy entails

The traditional vasectomy method that doctors used for decades involved a scalpel and a half-inch incision on each side of the scrotum, plus some stitches, Weissman says. But the surgery done most often now involves no stitching at all. It's 40 to 50 percent faster than the old scalpel job and has roughly one tenth the complication rate. Plus, there's less bleeding and pain, and no itchy sutures. Here's how it goes:

STEP ONE: A guy can take a Valium or a similar tranquilizer an hour before the procedure, to relax and allow the scrotum to "hang low." Next, he lies down while the doctor administers a local anesthetic, usually by needle, which does hurt. "The biggest shock was the shot. Getting a syringe in the testicles was not fun, but it was manageable," says Eric, 34, who had a vasectomy after he and his wife had baby number two.

NEXT, the doctor feels with his fingers for the vas deferens, the tube that moves sperm from the testicles to the urethra. He holds it with a small clamp and uses an instrument that looks like tiny needle-nose pliers to open a 3-millimeter hole in the scrotum. He then pulls out a half-inch section of the tube and snips it.

PERHAPS THE WEIRDEST PART of the vasectomy is cauterization, when the doctor burns the ends of the clipped vas so that scar tissue can form. Smoke literally drifts up from the patient's crotch. (And for the record: Yeah, it smells nasty.) The doctor repeats the process for the other testicle using the same small hole.

FINALLY, the tubes are put back inside the scrotum and the doctor pops on a bandage. "The procedure was no big deal. I watched *SportsCenter* while it was happening," says Eric.

7 minutes is the average time it takes Dr. Goldstein to do a no-scalpel vasectomy.

A man can get up off the table and walk right out, but it's important to note that he is not yet considered sterilized. You'll usually know within 12 weeks if the procedure worked. He also needs to clear all old sperm from his system, which is accomplished after either 15 ejaculations or three months, whichever, ahem, comes first. Until you get confirmation from a semen sample, the two of you must continue using whatever contraception you've been relying on. ➤

FROM LEFT: ERIC TUCKER/GETTY IMAGES, SOUTHERN STOCK/GETTY IMAGES.

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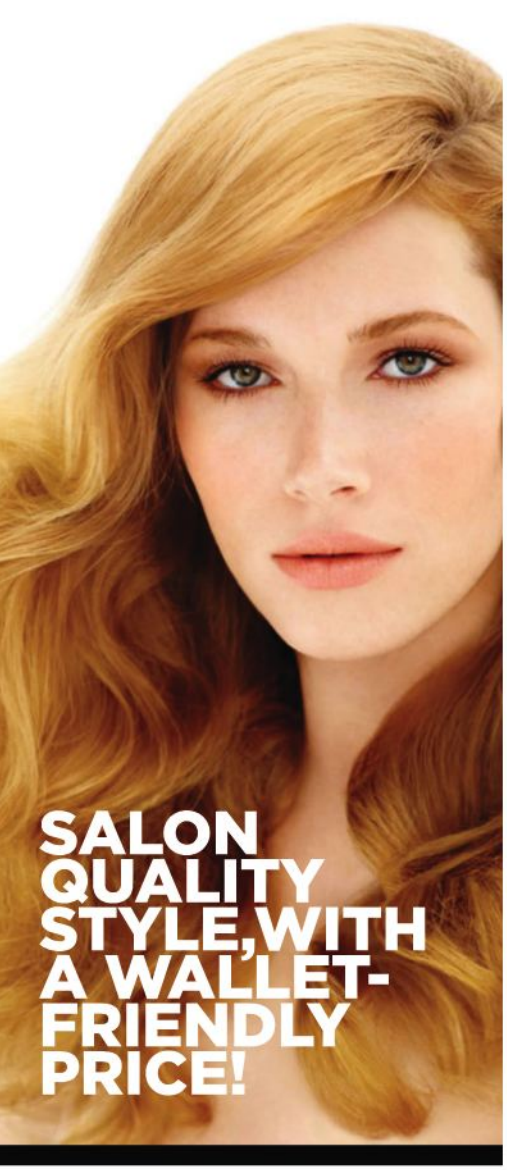
We loved hearing from Kim. Tell us what you think.



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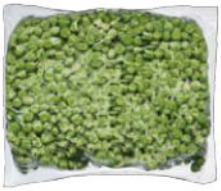

Many doctors do vasectomies on Fridays, which makes it simple for a guy to go home and lie around for the weekend with a bag of frozen peas on his package. "The scrotum is not a forgiving part of the body," Weissman says. "The skin is loose, and it can accommodate a lot of blood and fluid. And gravity makes it worse, so if you're up moving around, you could have bleeding and more swelling." Says Eric: "It was actually like a vacation. With young kids, taking it easy for three whole days usually doesn't happen!" After this sanctioned sloth, usually it's back to work and nobody's the worse for the wear.

Unless you're me. The complication rate for vasectomies is about 1 in 1,000, says Goldstein. And the three most common complications are postoperative infection, hematoma (bleeding inside the scrotum), and sperm granuloma (a nugget that forms when sperm leak out of the vas and your immune system attacks them). These problems are incredibly rare, but by midnight of the first night after my vasectomy, I was working on *all three*. I spent Friday afternoon doing exactly what I was supposed to do: lying in bed with an ice pack, catching up on movies. But after my 4-year-old daughter started projectile vomiting, I spent the rest of the evening doing everything I wasn't supposed to: lifting, moving, carrying her. My wife tried to handle the whole thing, but it was a two-parent job. By Monday I was limping around with a purple, throbbing Rawlings baseball between my legs. That turned out to be a hematoma and an infection, and I even developed a granuloma. Antibiotics lessened the pain and swelling within a week, but the granuloma hung around for a month, like a mini testicle just above my right ball. Then, *finally*, it was time to get back to normal, have some sex, and figure out whether all this nonsense was worth it.

About the **sex...**

Every doctor I interviewed wants you and your man to know these three things:

1. Vasectomy does not affect erections, orgasms, or sexual function whatsoever.

2. His semen will look the same and arrive in the same amounts.

3. Vasectomies do not have any negative effects on a guy's health. (A previous belief that they might increase prostate-cancer risk has been debunked by larger, more recent studies.)

PEAS: SIRI STAFFORD/GETTY IMAGES. COUPLE: NOEL HENDRICKSON/GETTY IMAGES. CONDOM: TOM SCHIERLITZ/GETTY IMAGES.

Who gets snipped: you or your guy?

A cheat sheet of your permanent birth control options.

Tubal ligation

♀ **WHAT'S INVOLVED:** In a surgical setting, with the woman under general anesthesia, a doctor severs and seals the ends of the fallopian tubes so eggs can't enter and be fertilized.

PROS: It's 99 percent effective when done successfully.

CONS: It's major surgery, one in 200 to 500 procedures fails, and the risk of death is one to two per 100,000, usually from complications from being put under. Other possible complications include bleeding, infection, and ectopic pregnancy (pregnancy occurring outside the uterus, usually in the fallopian tube).

COST: $1,500 to $6,000

Essure coils

♀ (Hysteroscopic sterilization)

WHAT'S INVOLVED: In a doctor's office or clinic, using local anesthetic, small spiral coils are inserted in a woman's fallopian tubes. (There's no cutting—the doctor goes through the vagina and cervix to reach the tubes). Tissue forms

The **bottom** line

Even after hitting the 1-in-1,000 trifecta for post-op complications, I still think having a vasectomy was worth it. Why? From the time we're teenagers, whenever we have sex, everyone worries about pregnancy. Stressing about condoms and pills and pulling out and all the other techniques and gadgetry invented to keep our sperm away from your eggs is a real drag. And we know that pills, patches, and IUDs aren't side-effect-free for you women—and eradicating all that birth control angst makes sense for both partners.

Once I recovered, sex felt like playing with a new toy. My wife and I had reverted back to condoms after numerous birth control experiments over the years, and knowing I am forever free of my latex prison makes me giddy. The men I spoke to agreed. "My sex life has improved drastically now that I'm not worried about getting my wife pregnant," says Eric.

If you and your partner do decide to go the vasectomy route once you're done with kids, there is one last thing you can do for a newly snipped man, aside from making sure he stays off his feet for a few days: Make him feel like it was *worth* it. ®

A quick guide to a **happy** vasectomy

The key to an easy procedure is finding a great doctor—and then following his instructions to the letter. Here's how.

1. **Look for a board-certified practitioner (urologists, surgeons, and even family-practice doctors can do the procedure) who does at least 20 vasectomies a year, says Weissman. Find docs in your area at vasectomy.com.**
2. **Ask if the doctor offers a no-scalpel vasectomy. The traditional procedure is still pretty minor, but no-scalpel produces fewer complications in skilled hands.**
3. **Offer to go with your man to his consult, and jot down his concerns beforehand. If the doc doesn't take the time to sit down and address all of your worries, find a new one.**
4. **Get backup. It's minor surgery, but it is surgery, says Weissman; men must take it easy the first few days afterward. If you have little kids, line up someone who can help out with child care for the post-op in case more hands than Mom's are needed.**

around the inserts, blocking the tubes. After three months, an X-ray will confirm whether the procedure was successful.
PROS: It's minimally invasive, and recovery can be as short as one day. It's 99.7 percent effective when done right.
CONS: The inserts may not be placed properly, or they may move, which could require a second procedure. The fallopian tubes may not be fully blocked after three months, which means waiting three more months (or having a second procedure).
COST: $1,300 to $3,500

Vasectomy

WHAT'S INVOLVED: In a doctor's office, with local anesthetic, an M.D. snips and cauterizes a man's vas deferens.
PROS: It's minimally invasive, and the no-scalpel procedure takes only 10 to 20 minutes. (Recovery takes two to three days.) It's more than 99 percent effective.
CONS: Complications include infection, bleeding, and sperm leaking from the severed vas and forming a granuloma (chances are 1 in 1,000 for each).
COST: $500 to $1,000

Note: Depending on your carrier and plan, medical insurance may cover all of these procedures. Check with your provider.

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*Cash value of a whole life insurance policy begins accumulating at the end of the first year. Cash value is accessible through policy loans, and generally does not equal premiums paid. Loans accrue interest and reduce the cash value and death benefit. †Dividends are not guaranteed. ‡Guarantee refers to the guaranteed cash value feature of a whole life insurance policy. Guarantees are dependent upon the claims-paying ability of the issuer. © 2011 New York Life Insurance Company, 51 Madison Avenue, New York, NY 10010

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MEN, LOVE & FAMILY

HONEST TALK ABOUT RELATIONSHIPS

TELL THE TRUTH:

Rate your sex life on a scale of 1 to 10

"7. Why not a 10? Old age. I'm a truck driver and she's a letter carrier, and by the time evening comes, we're tired! But after 17 years, a 7 is pretty darn good."

—RODNEY GIBSON, 44, married to LAJUANA for 17 years

"1. But only because my boyfriend and I are long-distance. When we're together, that 1 turns into an 11!

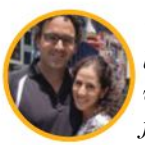
—CASSANDRA CHANCE, 29, dating KALLE for 5 years

"I give it a 7. According to him, we don't have sex enough—he's a bit of a nympho!—but it's perfect for me. Our kids are 6, 4, and 2, so mommy's worn out a lot!"

—KRISTINE KEIRNS, 37, married to KEN for 9 years

"I'd give it a 9.5, because there's always room for improvement. If I rated it a 10, there would be no reason for us to practice our skills."

—SCOTT HALL, 48, married to INGRID for 20 years



"10! We've been on vacation for the past few weeks, and vacation sex is always better than sex at home. We've had lots more time for it."

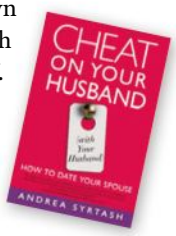
—MARIE-HELENE BELLO, 29, married to JEROEN for 1 year

LEFT: KRISTIANE VEY/JUMPFOTO. COUPLES: PHOTOGRAPHED BY BRIAN KENNEDY (3).

Aw, a little flirting never hurt anyone (key words: *a little*).

The truth about married crushes

If you pinch your cheeks when the cute UPS guy arrives, your secret is safe with us—and you don't need to feel guilty. "Being attracted to other people after you're taken is normal," says Andrea Syrtash, an advice columnist and author of the new book *Cheat on Your Husband (With Your Husband)*. "Women assume it means something is wrong at home, but I'm happily married and I've had crushes on everyone from the guy who checks me out at the grocery store to coworkers. It's fleeting and fun. We're social animals and need to connect with people." In fact, if you bring home the rush you get from flirty exchanges, your connection with your partner can actually benefit from it. "When you have a crush, it reminds you that you're a sensual, sexy woman, and every one of us needs that," she says. "It can inspire you to channel that energy into your own marriage and flirt with your husband as well." All that said, if a crush turns truly lustful or consumes your thoughts, it's time to back off. "It's normal to fantasize, but you'll know you're crossing the loyalty line if you start to conceal your interactions with your crush," says Syrtash. That may be a signal that your relationship at home needs some special attention. —NICOLE YORIO



Sex life road test
PORN WITH A PURPOSE

In the *Videos for Lovers* DVD series, 15 real-life couples share frank talk about their issues—and have sex on camera. Did watching help our testers… *bond*?

Couple #1: M.C. and P.C., Hudson, WI
It was a little uncomfortable at first—we'd never watched anything beyond rated-R together! But when my husband giggled at one of the sex scenes, it broke the ice. We talked about how great it was that the couple was so comfortable with each other—something we're working on in the bedroom. Watching got us turned on, and we ended up having a pretty sexy time ourselves. I told a friend about it and she wants the DVDs too!
Passion factor: Smoking

Couple #2: N.S. and D.S., St. Louis
We related to the couple in the DVD we watched; they'd been married for a while and were trying to keep their sex life fresh. Seeing them gave us the opportunity to talk openly about what we like and don't like in bed, and gave us new ideas to try. It was almost like watching porn, and the sex afterward was hot! We'll watch it again.
Passion factor: Smoking

Check out *Cosmopolitan* for even more sexy ideas: This month, guys answer your sex questions (in 20 words or less!).

What's special about *your* wedding ring?

Whether it's silver, gold, or tattoo ink, every band tells a story. Four readers share theirs.

"I was a bit of a control freak about my engagement ring; I told my husband the *exact* style I wanted. But he had a surprise for me: On the inside of our wedding bands, he had inscribed the day we met and the date we married. It reads: '8/17/02–love; 3/19/04–life.' It was way better than I could have ever dictated myself!"
—KIRSTEN POE HILL, UPPER MARLBORO, MD

"I had 'Babe, put it back on!' engraved on his wedding band, and he had 'To infinity and beyond' engraved on mine."
—RHONDA MOOREFIELD ERICKSON, VIA FACEBOOK

"I'm allergic to metal and my wife isn't into jewelry, so after eight years of marriage, we got tattoos on our ring fingers. We designed them to symbolize us and our four kids, and every time I look at my hand, it brings a smile to my face."
—DAVE DUTCH, DES MOINES, IA

"When we married, my husband and I got matching wedding bands, except that mine had a beautiful diamond. But a few years ago, we had to sell them to pay our bills. It was heartbreaking. But we sucked it up, went to Walmart, and bought matching $20 silver rings. Now when I catch a glimpse of mine, it reminds me of what we have been through—and that we made it through together."
—JENNIFER DAVIS, PASADENA, MD

TOP LEFT: STOCKBYTE/GETTY IMAGES. DVD: COURTESY OF MANUFACTURER. BOOK: COURTESY OF PUBLISHER. GOLD BAND: ISTOCKPHOTO.COM. DIAMOND RING: SCOTT KLEINMAN/GETTY IMAGES.

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Skip "for worse": These vows make marriage *better*

DEAREST WIFE, I VOW...

…to brush my teeth first, ask questions later.

...to use words like *sexy*, *stunning*, and *Jennifer Aniston–ian* instead of *nice*, *good*, and *fine* in response to "How do I look?"

...to continue to accept with good humor your Daniel Craig phase, as I previously accepted your Ryan Gosling, Old Spice Guy, and Luke Wilson phases.

…to sneak only small amounts of your $200 face cream. That $10 shampoo that smells like coconut ice cream, however, is fair game.

...to stop saying "another satisfied customer" after sex.

DARLING HUSBAND, I VOW...

...to recognize that your small talk about my new shoes is a sweet gesture and does not indicate genuine interest.

…to play along when you're "sick" and the only cure seems to be a day of ESPN on the couch.

...to remember that the desired response when you propose a quickie isn't "Now?" It's "*Now!*"

...to do my three-day cleanse when you're out of town.

…that even during our most heated arguments, I will not defriend you.

ILLUSTRATION BY MARCOS CHIN.

We think kids should get an earful.

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Energizer is proud to support VH1 Save The Music. We're giving them $250,000 to help restore instrumental music education in public schools. And when you redeem 3 codes from marked packs, we'll give you a **$10 iTunes® Gift Card.** Details at nowthatspositivenergy.com/music.

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SEARCH: ENERGIZER BUNNY

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Well, at least he didn't tweet a picture of his wiener.

"My husband was kind of a slut"

Amanda Lynne Freeman's guy was a *very* busy bee before they met—his exploits literally filled a book. Could he truly have let go of his past and become a one-woman guy?

For two nights in 2008, I contemplated stabbing my boyfriend with a tiny needle while he slept, extracting blood, and sending it away to be tested for HIV. I'd purchased the test kit already; it was stashed in the closet. Trey was a deep and dedicated sleeper—he even wore a lavender sleeping mask—so I figured I could get away with it.

Why would I plot to prick him? I knew far too much about his sexual history. He'd detailed it all on his blog, which I'd started reading soon after our first date, and in books (yes, plural). About six months into our relationship, his latest book came out. He asked me not to read it, but, needless to say, I downloaded an electronic copy as soon as I could, and discovered that aside from having had cyber-sex and indulging in a threesome at his bachelor party before his first marriage, he'd even slept with prostitutes (yes, also plural).

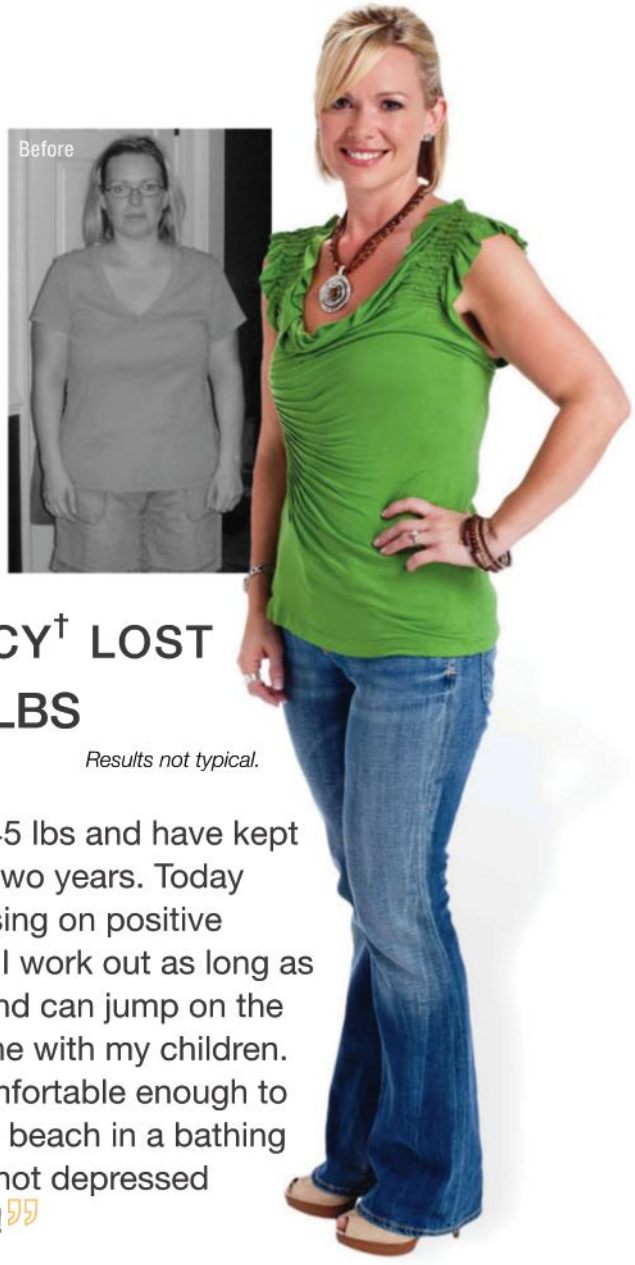
In one night, I devoured Trey's sometimes funny, sometimes tragic tale of balancing fatherhood and single life after his yogi ex-wife left him and their two kids. I admired his writing, but I couldn't stop thinking: If this was the dirt Trey was willing to disclose to the world, what was he *hiding*? And how could his secrets hurt me, physically and emotionally?

I was his third official post-divorce girlfriend—the other two were a stunning French actress and an Italian countess. *Flattering company*, I thought; I'm a normal-looking girl from Boston who wears clogs and sweats and whose socks seldom match. The insecure part of me conjured images of their perky (or silicone-enhanced) breasts and long, tanned limbs, now replaced in Trey's life by my weeks-old leg stubble and deflated bust, stretched and sucked to its limit by my daughter from my own first marriage.

Of course, those old relationships of his hadn't worked out. A tiny smile crept across my face reading about the

TIM PANNELL/CORBIS.

IT'S AS EASY AS:



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portraits the Italian commissioned of herself and the way the actress had broken off their engagement in an email. Still, I felt like a contestant on *The Bachelor*, comparing myself to these bitchy and high-maintenance—but also gorgeous and European—women. I shopped with coupons, taught writing to low-income single mothers, and got in fights at Yankees games. The kind of man I imagined appreciating me was not the same kind who wrote of meeting his last girlfriend: "Maria Cristina Margherita Savoldi d'Urcei Bellavitis arrived dripping in diamonds and watches that I had only seen in magazines.... Not only is she heart-stoppingly beautiful but she manages to be both extremely sexy and extremely elegant at the same time." At my most dolled up, I'm maybe sexy, but elegant, no, and never dripping with jewels.

And then there was the sex. Trey wrote about making love with the French actress twice a day for months. Seriously? Our sex *was* toe-curling, but I still only wanted it four times a week, tops. We were both busy parents, after all (my daughter was 2, and Trey's kids from his first marriage were 7 and 10). Trey was only the second man I'd ever slept with, my ex-husband being the first. I was never self-conscious about my low number until Trey and his oversharing books.

I tried to believe Trey when he said he wasn't sleeping with anyone but me and that he'd been tested for HIV and other STDs. But this was my first relationship since my husband of two years, partner of seven, cheated and left me while pregnant to pursue a relationship with a coworker. I'd never believed *he* would lie to me either, so maybe my gauge was broken.

I told a friend about my HIV-testing plan over coffee. She said stabbing someone with a needle and stealing his blood might just be a crime. Hmm. Her reaction was enough to convince me I'd crossed the line into crazy, so I went to see a therapist and quickly uncovered my real fear: making another mistake in the lifelong-partner department. Duh. But while I talked the therapy-speak about learning to trust again by day, by night I was still checking Trey's Internet browsing history (the way I'd caught my ex).

To get over it, I felt like I needed to know everything, not just the stuff Trey had been brave (or braggart) enough to put out there in print. So I made notes about which scenes in the book needed further explanation, and I called him. I told him I'd read the book, which he was somehow surprised by (he doesn't think his daughter will ever read it either), then I told him I needed to know it all—including the drama that had escaped publication—before I could move forward with the relationship.

He came over, and late into the night we sat huddled on the futon making a list—partly joking, partly serious—of all his indiscretions over his 45 years. He'd slept with 27 women, hookers included. And he was willing to tell me about it all. Knowing was a relief, but the most important thing that came out of that night was my certainty that Trey was willing to do whatever it took to keep me in his life. "Those women, those days, are gone," he said. "You are exactly what I want. I'll do anything." Two years later, we were married.

"Those women, those days, **are gone,**" he said. "You are **exactly what I want.** I'll do anything."

Amanda and Trey, moments after tying the knot at New York City's City Hall in January 2010.

Last month, after his computer crashed, Trey was going through all of his backed-up files—including a ton of photos—to see if anything had been lost. Our desks are side by side, so I could sort of see what he was doing in my peripheral vision. A few shots that looked like porn caught my eye. It was the French actress at a modeling shoot! There she was on the screen in lingerie, ass thrust in the air, her hands lightly resting on another woman's chiseled belly. The backdrop was a lush garden. Trey said, earnestly, "If you got all dressed up, you'd look better than that. You're more naturally beautiful. That's all makeup and airbrushing."

I laughed. Because it was funny. Because he was full of b.s.—she was more gorgeous than I'd imagined. But also because Trey makes me *feel* as beautiful as the woman in the picture.

Trey was devoted enough not only to bare all his secrets, but to bleed for me. After I told him about the HIV test I'd bought, and my cockamamy plan to stick him with a needle in his sleep, he did it himself. The best part? He agreed never to tell his friends about my plot, so that they wouldn't think I was nuts. Now *that's* love. ®

Amanda Lynne Freeman is working on a book about her (crazy) life and completing a Ph.D. in sociology. She and Trey have been together for four years, married for a year and a half.

COURTESY OF SUBJECTS.

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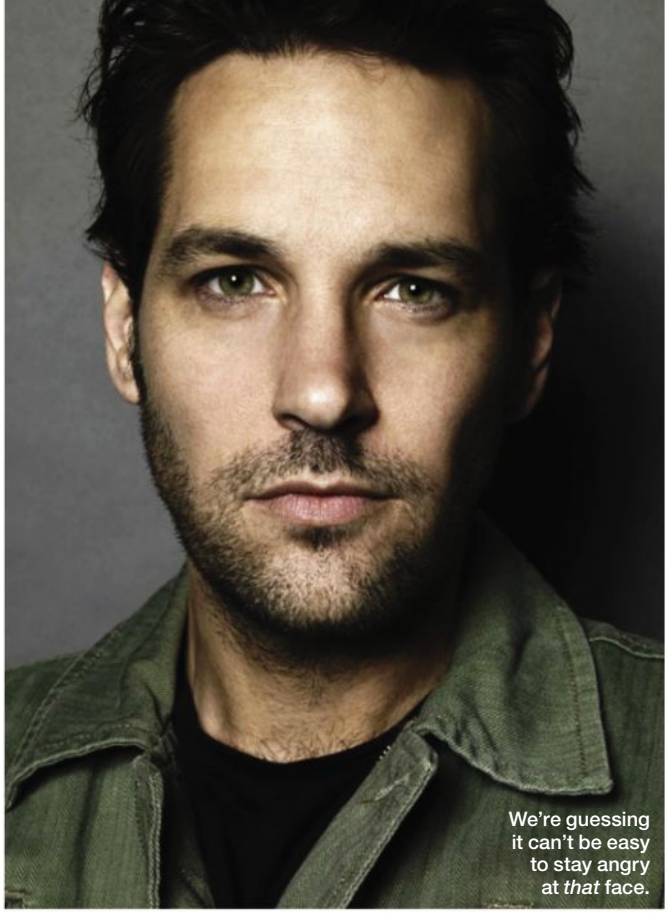
Paul Rudd has his priorities straight

He's that so-rare combo of sexy and funny, and he adores his family. But here's what annoys his wife about him.



We're guessing it can't be easy to stay angry at *that* face.

PAUL AT A GLANCE

MAKES HIM LAUGH:
Don Rickles

STARTS HIS DAY WITH:
"A *vat* of coffee."

ON HIS IPOD:
***WTF With Marc Maron* podcasts**

Your character in *Our Idiot Brother* is a little down on his luck. As someone who's doing pretty well, could you relate to him?
This character makes a very conscious decision to live his life according to the ethic that if you see people in the best light, more often than not they'll rise to the challenge. It's an idealistic point of view, but, at the core, I hope to be like that.

I read that you wouldn't read any baby books while your wife was pregnant. Did that bug her?
Understandably, she took it as a hostile gesture.

What else really irritates your wife about you?
Oh, you just added another hour to this interview! When we were filming *Knocked Up*, we kept a running list of annoying things about me. We used some of it in the movie and it was great. It's almost like therapy, because I'd hear my wife yell from the other room, "Here's one you can tell Judd [Apatow]: Pick up your f---ing coffee cup!" The list kept going after the movie came out, by the way [*laughs*]. But my next project is a spin-off of *Knocked Up*, focusing mostly on my character, so that material has really come in handy.

On the flip side, what makes you feel like Husband of the Year?
When I take the time to acknowledge who my wife is and what she does. Whether it's saying, "Wow, you look really pretty" when she isn't expecting it, or just, "My God, it's so amazing what you do for our children." I think she appreciates that stuff even more than the bigger gestures, like picking a really thought-out birthday gift or arranging a great party for her on the sly.

You're a father of two. Do you see yourself in your 6-year-old son, Jack?
Absolutely. It's so bizarre to recognize his tastes in things. Right now he's crazy about Billy Joel, and it was so clear from the first time he heard Joel's song "My Life." He was like, "Wait, what was *that*?" I remember having that exact moment as a kid—hearing that same song and becoming obsessive about Billy Joel.

You also have a 1½-year-old little girl. Is raising a daughter a much different experience than raising a son?
It really is. I try not to be away a lot, but it's bound to happen—and she's much more vocal about me being gone. I'm every cliché in the book with her; she's got me wrapped around her finger.

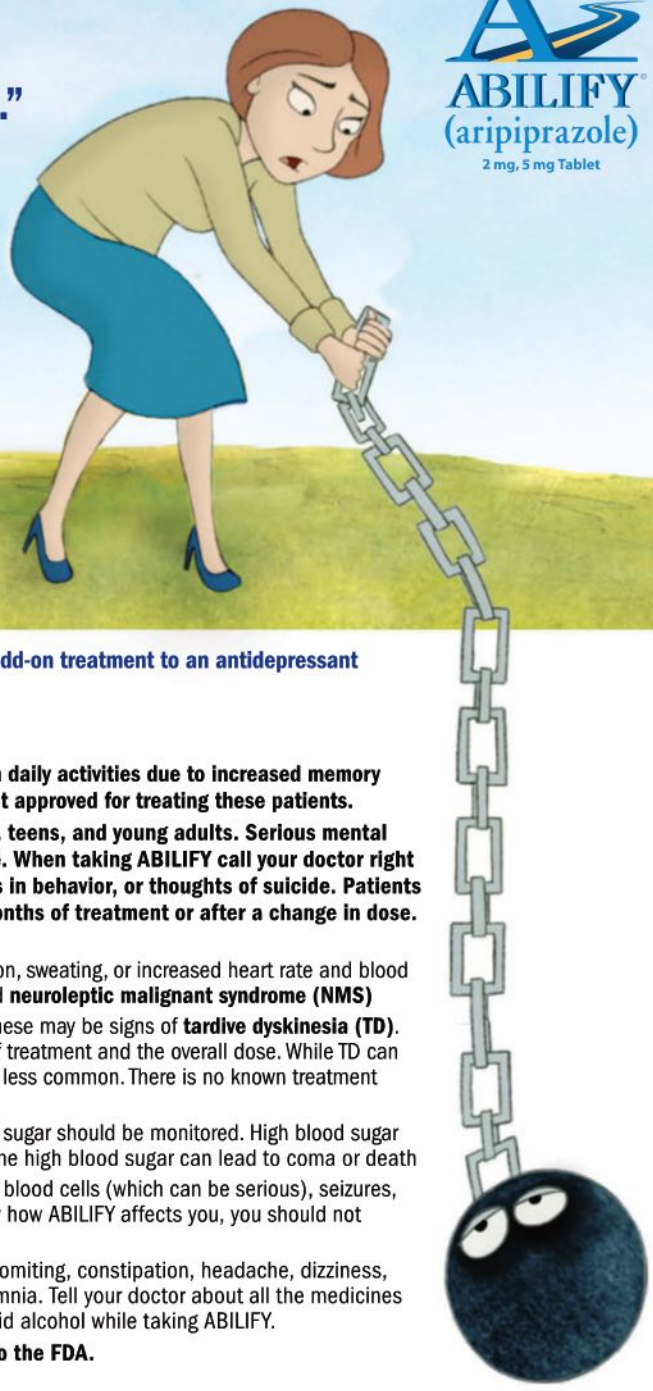
You're filling our Hot Guy slot in this issue. How do you feel about *that*?
The first thing it makes me think is that James Franco, Bradley Cooper, Ryan Reynolds, and Jon Hamm weren't available. And then once that goes away, what's left is nothing but sheer appreciation. —BRITTANY BURKE

RUDD: HENRY LEUTWYLER/CONTOUR/GETTY IMAGES. RICKLES: WIREIMAGE/GETTY IMAGES. COFFEE: PETER DAZELEY/GETTY IMAGES. IPOD: CHRIS ECKERT/STUDIO D, SCREEN IMAGE: COURTESY OF WTF WITH MARC MARON.

"After 6 weeks on an antidepressant, I was still struggling with my depression."

If you've been on an antidepressant for at least 6 weeks and are still struggling with depression, having ABILIFY added to your antidepressant may help with unresolved symptoms in as early as 1-2 weeks.*

ABILIFY
(aripiprazole)
2 mg, 5 mg Tablet



ABILIFY is a prescription medicine used to treat depression in adults as add-on treatment to an antidepressant when an antidepressant alone is not enough.

Important Safety Information

Elderly patients with dementia-related psychosis (eg, an inability to perform daily activities due to increased memory loss) taking ABILIFY have an increased risk of death or stroke. ABILIFY is not approved for treating these patients.

Antidepressants can increase suicidal thoughts and behaviors in children, teens, and young adults. Serious mental illnesses are themselves associated with an increase in the risk of suicide. When taking ABILIFY call your doctor right away if you have new or worsening depression symptoms, unusual changes in behavior, or thoughts of suicide. Patients and their caregivers should be especially observant within the first few months of treatment or after a change in dose. Approved only for adults 18 and over with depression.

- Call your doctor if you develop very high fever, rigid muscles, shaking, confusion, sweating, or increased heart rate and blood pressure, as these may be signs of a rare but potentially fatal condition called **neuroleptic malignant syndrome (NMS)**
- If you develop uncontrollable facial or body movements, call your doctor, as these may be signs of **tardive dyskinesia (TD)**. TD may become permanent and the risk of TD may increase with the length of treatment and the overall dose. While TD can develop after taking the medicine at low doses for short periods, this is much less common. There is no known treatment for TD, but it may go away partially or completely if the medicine is stopped
- If you have **diabetes** or have risk factors or symptoms of diabetes, your blood sugar should be monitored. High blood sugar has been reported with ABILIFY and medicines like it. In some cases, extreme high blood sugar can lead to coma or death
- **Other risks** may include lightheadedness upon standing, decreases in white blood cells (which can be serious), seizures, trouble swallowing, or impairment in judgment or motor skills. Until you know how ABILIFY affects you, you should not drive or operate machinery

The **common side effects** in adults in clinical trials (≥10%) include nausea, vomiting, constipation, headache, dizziness, an inner sense of restlessness or need to move (akathisia), anxiety, and insomnia. Tell your doctor about all the medicines you're taking, since there are some risks for drug interactions. You should avoid alcohol while taking ABILIFY.

You are encouraged to report negative side effects of prescription drugs to the FDA.
Visit www.fda.gov/medwatch or call 1-800-FDA-1088.

Please read the additional Important Safety Information about ABILIFY on the adjacent page.

Ask your doctor about the option of adding ABILIFY.

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***Based on 6-week clinical studies comparing ABILIFY + antidepressant versus antidepressant alone.**

†Restrictions apply.

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IMPORTANT INFORMATION ABOUT ABILIFY (aripiprazole)

ABILIFY® (ə BIL ĭ fī) **℞ ONLY**
(aripiprazole)

This summary of the Medication Guide contains risk and safety information for patients about ABILIFY. This summary does not include all information about ABILIFY and is not meant to take the place of discussions with your healthcare professional about your treatment. Please read this important information carefully before you start taking ABILIFY and discuss any questions about ABILIFY with your healthcare professional.

What is the most important information I should know about ABILIFY?

Serious side effects may happen when you take ABILIFY, including:

- **Increased risk of death in elderly patients with dementia-related psychosis:**

  Medicines like ABILIFY can raise the risk of death in elderly people who have lost touch with reality (psychosis) due to confusion and memory loss (dementia). ABILIFY is not approved for the treatment of patients with dementia-related psychosis.
- **Risk of suicidal thoughts or actions: Antidepressant medicines, depression and other serious mental illnesses, and suicidal thoughts or actions:**

  Antidepressant medicines may increase suicidal thoughts or actions in some children, teenagers, and young adults within the first few months of treatment. Depression and other serious mental illnesses are the most important causes of suicidal thoughts and actions. Some people may have a particularly high risk of having suicidal thoughts or actions including people who have (or have a family history of) bipolar illness (also called manic-depressive illness) or suicidal thoughts or actions.

  How can I watch for and try to prevent suicidal thoughts and actions in myself or a family member?
  - Pay close attention to any changes, especially sudden changes, in mood, behaviors, thoughts, or feelings. This is very important when an antidepressant medicine is started or when the dose is changed.
  - Call the healthcare provider right away to report new or sudden changes in mood, behavior, thoughts, or feelings.
  - Keep all follow-up visits with the healthcare provider as scheduled. Call the healthcare provider between visits as needed, especially if you have concerns about symptoms.

Call a healthcare provider right away if you or your family member has any of the following symptoms, especially if they are new, worse, or worry you:

- thoughts about suicide or dying, attempts to commit suicide, new or worse depression, new or worse anxiety, feeling very agitated or restless, panic attacks, trouble sleeping (insomnia), new or worse irritability, acting aggressive, being angry, or violent, acting on dangerous impulses, an extreme increase in activity and talking (mania), other unusual changes in behavior or mood.

What else do I need to know about antidepressant medicines?

- **Never stop an antidepressant medicine without first talking to a healthcare provider.** Stopping an antidepressant medicine suddenly can cause other symptoms.
- **Antidepressants are medicines used to treat depression and other illnesses.** It is important to discuss all the risks of treating depression and also the risks of not treating it. Patients and their families or other caregivers should discuss all treatment choices with the healthcare provider, not just the use of antidepressants.
- **Antidepressant medicines have other side effects.** Talk to the healthcare provider about the side effects of the medicine prescribed for you or your family member.
- **Antidepressant medicines can interact with other medicines.** Know all of the medicines that you or your family member takes. Keep a list of all medicines to show the healthcare provider. Do not start new medicines without first checking with your healthcare provider.
- **Not all antidepressant medicines prescribed for children are FDA approved for use in children.** Talk to your child's healthcare provider for more information.

What is ABILIFY (aripiprazole)?

ABILIFY is a prescription medicine used to treat:

- major depressive disorder in adults, as an add-on treatment to an antidepressant medicine when you do not get better with an antidepressant alone.

The symptoms of major depressive disorder (MDD) include feeling of sadness and emptiness, loss of interest in activities that you once enjoyed and loss of energy, problems focusing and making decisions, feeling of worthlessness or guilt, changes in sleep or eating patterns, and thoughts of death or suicide.

What should I tell my healthcare provider before taking ABILIFY?

Before taking ABILIFY, tell your healthcare provider if you have or had:

- diabetes or high blood sugar in you or your family; your healthcare provider should check your blood sugar before you start ABILIFY and also during therapy.
- seizures (convulsions).
- low or high blood pressure.
- heart problems or stroke.
- pregnancy or plans to become pregnant. It is not known if ABILIFY will harm your unborn baby.
- breast-feeding or plans to breast-feed. It is not known if ABILIFY will pass into your breast milk. You and your healthcare provider should decide if you will take ABILIFY or breast-feed. You should not do both.
- low white blood cell count.
- phenylketonuria. ABILIFY DISCMELT Orally Disintegrating Tablets contain phenylalanine.
- any other medical conditions.

Tell your healthcare provider about all the medicines that you take or recently have taken, including prescription medicines, non-prescription medicines, herbal supplements, and vitamins.

ABILIFY and other medicines may affect each other causing possible serious side effects. ABILIFY may affect the way other medicines work, and other medicines may affect how ABILIFY works.

Your healthcare provider can tell you if it is safe to take ABILIFY with your other medicines. Do not start or stop any medicines while taking ABILIFY without talking to your healthcare provider first. Know the medicines you take. Keep a list of your medicines to show your healthcare provider and pharmacist when you get a new medicine.

How should I take ABILIFY?

- Take ABILIFY exactly as your healthcare provider tells you to take it. Do not change the dose or stop taking ABILIFY yourself.
- ABILIFY can be taken with or without food.
- ABILIFY tablets should be swallowed whole.
- If you miss a dose of ABILIFY, take the missed dose as soon as you remember. If it is almost time for the next dose, just skip the missed dose and take your next dose at the regular time. Do not take two doses of ABILIFY at the same time.
- If you take too much ABILIFY, call your healthcare provider or poison control center at 1-800-222-1222 right away, or go to the nearest hospital emergency room.

What should I avoid while taking ABILIFY?

- Do not drive, operate heavy machinery, or do other dangerous activities until you know how ABILIFY affects you. ABILIFY may make you drowsy.
- Do not drink alcohol while taking ABILIFY.
- Avoid getting over-heated or dehydrated.
  - Do not over-exercise.
  - In hot weather, stay inside in a cool place if possible.
  - Stay out of the sun. Do not wear too much or heavy clothing.
  - Drink plenty of water.

What are the possible side effects of ABILIFY (aripiprazole)?

Serious side effects have been reported with ABILIFY including:

- **Neuroleptic malignant syndrome (NMS):** Tell your healthcare provider right away if you have some or all of the following symptoms: high fever, stiff muscles, confusion, sweating, changes in pulse, heart rate, and blood pressure. These may be symptoms of a rare and serious condition that can lead to death. Call your healthcare provider right away if you have any of these symptoms.
- **High blood sugar (hyperglycemia):** Increases in blood sugar can happen in some people who take ABILIFY. Extremely high blood sugar can lead to coma or death. If you have diabetes or risk factors for diabetes (such as being overweight or a family history of diabetes), your healthcare provider should check your blood sugar before you start ABILIFY and during therapy.

  Call your healthcare provider if you have any of these symptoms of high blood sugar while taking ABILIFY:
  - feel very thirsty, need to urinate more than usual, feel very hungry, feel weak or tired, feel sick to your stomach, feel confused, or your breath smells fruity.
- **Difficulty swallowing:** may lead to aspiration and choking.
- **Tardive dyskinesia:** Call your healthcare provider about any movements you cannot control in your face, tongue, or other body parts. These may be signs of a serious condition. Tardive dyskinesia may not go away, even if you stop taking ABILIFY. Tardive dyskinesia may also start after you stop taking ABILIFY.
- **Orthostatic hypotension (decreased blood pressure):** lightheadedness or fainting when rising too quickly from a sitting or lying position.
- **Low white blood cell count**
- **Seizures (convulsions)**

Common side effects with ABILIFY in adults include nausea, inner sense of restlessness/need to move (akathisia), vomiting, anxiety, constipation, insomnia, headache, restlessness, dizziness.

These are not all the possible side effects of ABILIFY. For more information, ask your healthcare provider or pharmacist.

Call your doctor for medical advice about side effects. You may report side effects to FDA at 1-800-FDA-1088.

General information about ABILIFY

- Store ABILIFY at room temperature, between 59°F to 86°F. Opened bottles of ABILIFY Oral Solution can be used for up to 6 months after opening, but not beyond the expiration date on the bottle. Keep ABILIFY and all medicines out of the reach of children.
- Medicines are sometimes prescribed for purposes other than those listed in a Medication Guide. Do not use ABILIFY for a condition for which it was not prescribed. Do not give ABILIFY to other people, even if they have the same condition. It may harm them.
- This summary contains the most important information about ABILIFY. If you would like more information, talk with your healthcare provider. For more information about ABILIFY visit www.abilify.com.

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Orally Disintegrating Tablets, Oral Solution, and Injection manufactured by Bristol-Myers Squibb Company, Princeton, NJ 08543 USA

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The Pregnancy Crazies

One more thing to expect when you're expecting: pre-baby jitters, obsessions, and mantrums from your guy. Aaron Traister explains why.

REDBOOK columnist Aaron Traister lives in Philadelphia with his wife and two kids. Read his blog at redbookmag.com/whysguy.

It's true that during pregnancy, women experience hormones, stretch marks, and a million other things men will never understand. But let me explain something men go through. I call them the Pregnancy Crazies—erratic impulses brought on by the uncomfortable realization that life is about to change in mysterious and potentially smelly, screamy ways.

The Pregnancy Crazies come in many forms and varying degrees of severity. Maybe your judgment gets wonky and you start smoking again at the very moment when you need to shore up your long-term health. Maybe you take a sledgehammer to your bathroom 10 days before the due date, convinced that it must be renovated and that you are just the man for the job. Hopefully you don't pull a Weiner and start sexting pictures of your junk to random women just when you should be most committed to your wife.

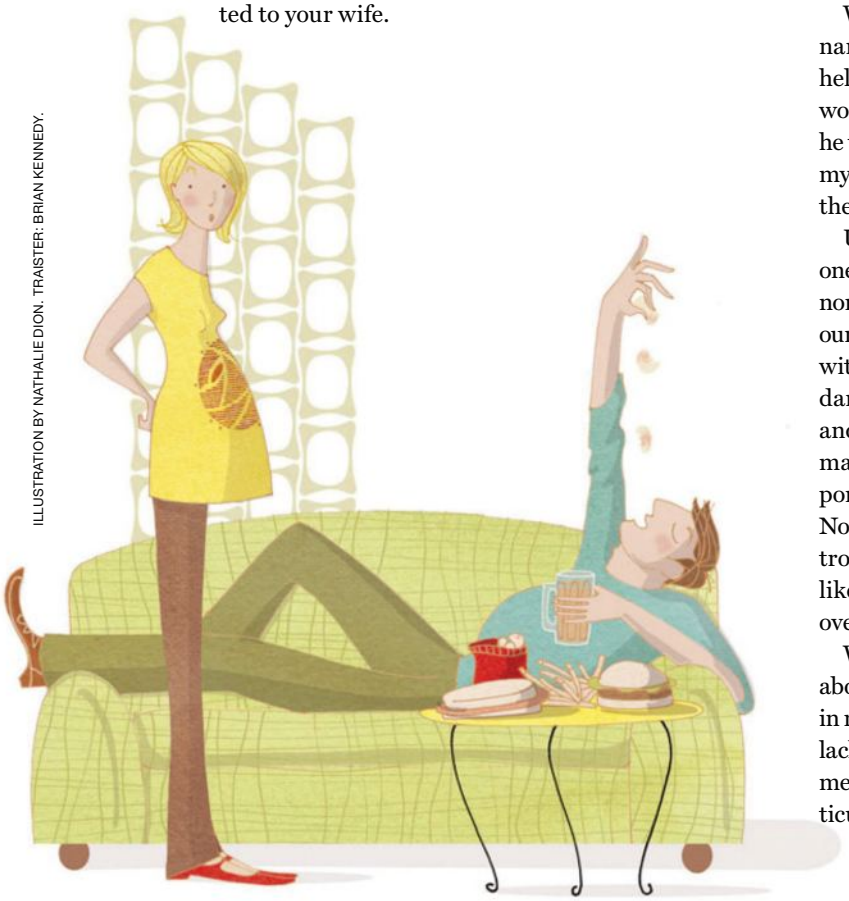

ILLUSTRATION BY NATHALIE DION. TRAISTER: BRIAN KENNEDY.

I know too many guys who tried to recapture the adventurous spirit of their youth after learning their wives were pregnant and wound up having extreme-sports-related accidents. Apparently, men should avoid skateboards, mountain bikes, and rollerblades during the first trimester.

Other husbands' symptoms manifest themselves in a more cerebral—i.e., gone mental—fashion. My friend Chris, now a father of three, couldn't believe that his wife was pregnant the first time. She showed him the test. She danced and sang. She jumped up and down. No dice. "We'd been trying for so long that I just couldn't bring myself to believe it was real," he says. Luckily, that only lasted a week. Any lingering doubt disappeared the moment the doctors told Chris and his wife they were having twins.

When my friend Randy found out his wife was pregnant, he stopped having sex with her immediately, and held out the entire nine months. "I couldn't do it. You worry about hitting something you're not supposed to," he tells me. "I also worried that it would somehow shape my kids' future personalities and subconsciously give them weird ideas about sex when they got older."

Um, yeah. Luckily, my wife, Karel, and I avoided this one, since we're like sexual postal workers. Neither sleet, nor snow, nor shingles, nor pregnancy shall keep us from our appointed rounds. Instead, when Karel was pregnant with our first kid, Noah, my Crazies came in pretty standard form: I became a gluttonous hedonist. I ate more and drank more than I had in my previous six years of marriage combined, assuming I'd never have the opportunity to be that self-indulgent again. By the time Noah was born, I had gained 20 pounds and was having trouble catching my breath after strenuous activities like tying my shoes, talking on the phone, and rolling over in bed.

Why do guys like us go off the rails? I was terrified about the future: new responsibilities, potential changes in my relationship with Karel, and my ability (or possible lack thereof) to be a good father. Fear and *what if*'s drove me to drink and eat, though at the time I couldn't articulate it. Now I realize that in the same way pregnant

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women experience random crying jags and a primal urge to nest, men act out in bizarre ways to prepare to take care of another life. And as frustrating as this may be to you wives, it's probably best for you to turn a blind eye.

When Karel was pregnant with our daughter, Josefina, my Crazies (which should've been milder, since she was our second child) took on a really weird form: political fever. In a brilliant stroke of family planning, we found out Karel was pregnant in 2008, right as the economy started to implode. I was out of work, and Karel was concerned she might lose her job. That pregnancy, while easier physically, was a lot more intense emotionally. And if you remember back to that turbulent time, adding to the chaos was a presidential election (and a Phillies World Series, but that's a different story).

I decided to focus all my terror about the future on something more positive: an election that was billed as the most transformative in our nation's history. Karel couldn't drag me away from CNN and Fox and MSNBC. I attended rallies and political events with my 2-year-old in tow—so much shouting that my ears are still ringing, three years later. I became addicted to political websites. I got into heated arguments with friends and neighbors and family members. In a matter of weeks, I transformed from a disillusioned, apathetic casual observer into a political wing nut.

While writing this, I asked Karel what she remembers about me during her pregnancy with Josefina, and she said, "I don't remember seeing you for about seven months." When I asked her how she felt about it, she answered calmly: "I had enough on my plate. I didn't need the extra serving of stress that you brought to the table."

I transformed from a disillusioned, apathetic casual observer into a political wing nut.

After November 4, with the election over and Barack Obama making some feel-good history, there was nothing left to distract me. During the last month of Karel's pregnancy, I faced reality and started being there for her again by going to doctor's appointments, preparing the house, and keeping Noah sane. Then, a couple days before Christmas, we got the second of the two greatest gifts in our lives: a healthy baby girl. And when I looked into Josie's eyes for the first time, I couldn't remember why I had been so scared, because the future looked perfect.

And I was never crazy again. *Cough.*

Straight answer from the Whys Guy

Dear Whys Guy: Why is my otherwise laid-back husband obsessed with loading the dishwasher a certain way? —Julia, GA

Dear Julia: All guys have things we think we're good at around the house, and we take our skill set very seriously. I, for instance, am a vacuum fetishist. I vacuum with the precision and artistry of a virtuoso; I let no crumb, raisin, or speck of art-project glitter go un-suctioned. I am to vacuum cleaners as Miles Davis was to trumpets and Picasso was to his paintbrushes. These days, guys know that in order to maintain a more perfect union, we have to take part in housekeeping—so we tend to find an area where we excel and *own* it. (Also, we want to be a little more self-sufficient than our dads were.) Maybe your husband is an artist in his own right, who just happens to work with a Kenmore.

Need help decoding male behavior? Email your questions to redbook@hearst.com (subject: Whys Guy). Letters may be edited for clarity and length.

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**Prize items for illustration purposes only. Actual prizes may vary. Winners will receive a new purse, but it is the same brand, color and style that Jewel actually uses.

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Lovesick sisters, text-happy husbands... what is everyone *thinking*? Karen Karbo delivers a reality check.

Advice guru Karen Karbo is a mom, a teacher, and the author of *The Gospel According to Coco Chanel.*

Why did she pick that *guy?*

My baby sister recently found out that her boyfriend is also dating a married woman—who is pregnant with his baby! She won't break up with him, and I know this nightmare love triangle is going to blow up in her face. How can I make her see reason? —H.S., 26, KENTUCKY

I've found that it's impossible to make anyone in love see reason, even when the danger is as obvious as it is in your sister's case. Go ahead and tell her one last time that you are worried about her heart getting totally broken—I don't imagine it'll make her do anything different, but it might make you feel better. But there's a larger, tougher truth here: People need to make their own mistakes, even beloved baby sisters. Toddlers learn to walk by falling down, and your sister is probably about to learn a thing or two about love. All you can truly do is make sure she knows you're there for her. She's going to need you.

Butt out, Mom!

My mom is constantly buying me things to "help" me furnish my and my husband's new house—things that are all to her taste, not ours. I've asked her to stop, but she still feels she can come into our house anytime and drop these things off. My husband thinks it's best at this point just to lock the doors. What do you think? —L.J., 40, ILLINOIS

Too bad your mom's not buying a few things for my house! No, really, even if some people wouldn't mind having this problem, it's understandable that after a while it feels like an imposition. It's clear that your mother is not taking you seriously, so invite her for a sit-down about something important. That'll set the tone for the talk. Then tell her you appreciate her generosity, but you and your husband have some new house rules and she needs to respect them: You will no longer accept household items you didn't ask for, and she needs to call before she comes over—then knock to be let in like anyone else. If her feelings are hurt, suggest that the two of you can connect in some other way, like having her over for Sunday dinners—something that shows your love but keeps your new boundaries firm.

Are they up to something?

I had to go out of town for several days. When I got home, my widowed best friend told me that she and my husband had texted each other while I was gone, because she wanted his advice. But when I checked my husband's phone, he had deleted all her texts! If it was all kosher, why delete the texts? Am I being too sensitive? —G.M., 48, LOUISIANA

Probably—your friend *did* offer up the info. Still, perhaps instead of checking your husband's phone, you should just check with him. If you don't feel you can believe his explanation, then this matter signals deeper trust issues, and that's where the real conversation needs to start.

TARA DONNE.

Am I asking him to give up too much?

I'm divorced and have three kids. Two years ago, I met a guy seven years younger than me. I've fallen hard for him, and my kids adore him. But I can't have any more children—I had to have a hysterectomy. He says he wants kids, but he also says he wants to stay with me. Is it wrong for me to continue this relationship? —L.R., 33, ALABAMA

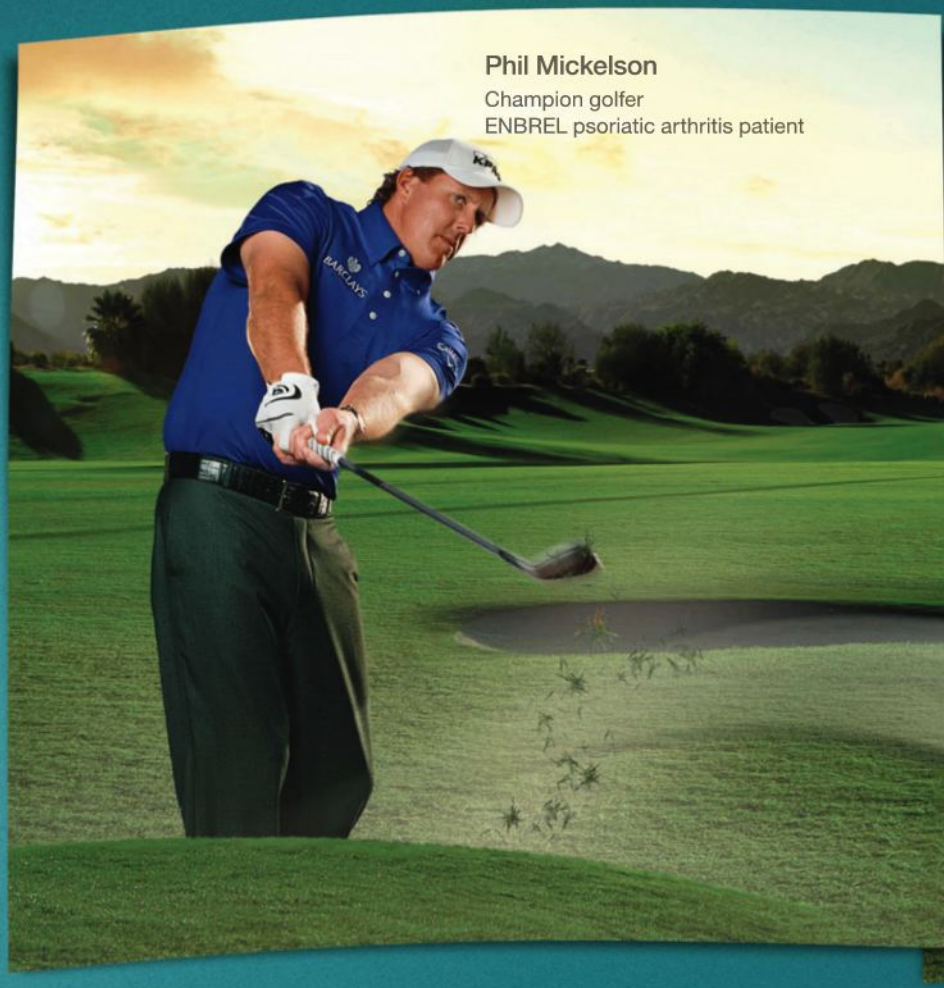
In a word? No. Let's say, for the sake of argument, you let him go so he can find someone with whom he can have children. There are uncertainties all along the way: What if he doesn't meet anyone? What if he does, and she can't get pregnant? What if they have kids but are miserable together? Yes, having biological children of your own is one of life's great experiences, but it's not the only one. You and he could adopt or create a bigger family in other ways. Now, if he decides he needs to leave because of this issue, cross that bridge when you come to it. But it's not your job to make that decision for him.

Do *you* need life advice?

Send questions about friends, family, men, colleagues, and anyone else to karenkarbo@redbookmag.com, and include your initials, age, and state. Letters may be edited for clarity and length.

If you have psoriatic arthritis or moderate to severe rheumatoid arthritis

"Don't let joint pain keep you from



ENBREL is the #1 prescribed biologic by rheumatologists. ENBREL is also approved for adults with moderate to severe rheumatoid arthritis (RA). At six months, ENBREL was shown to be effective in about 50% of psoriatic arthritis patients who used it.

ENBREL is indicated for reducing signs and symptoms, keeping joint damage from getting worse, and improving physical function in patients with psoriatic arthritis. ENBREL can be used in combination with methotrexate in patients who do not respond adequately to methotrexate alone.

ENBREL is indicated for reducing signs and symptoms, keeping joint damage from getting worse, and improving physical function in patients with moderate to severe rheumatoid arthritis. ENBREL can be taken with methotrexate or used alone.

IMPORTANT SAFETY INFORMATION

What is the most important information I should know about ENBREL?

ENBREL is a medicine that affects your immune system. ENBREL can lower the ability of your immune system to fight infections. Serious infections have happened in patients taking ENBREL. These infections include tuberculosis (TB) and infections caused by viruses, fungi, or bacteria that have spread throughout the body. Some patients have died from these infections. Your doctor should test you for TB before you take ENBREL and monitor you closely for TB before, during, and after ENBREL treatment, even if you have tested negative for TB.

There have been some cases of unusual cancers reported in children and teenage patients who started using tumor necrosis factor (TNF) blockers before 18 years of age. Also, for children, teenagers, and adults taking TNF blockers, including ENBREL, the chances of getting lymphoma or other cancers may increase. Patients with RA or psoriasis may be more likely to get lymphoma.

Before starting ENBREL, tell your doctor if you:

- Have any existing medical conditions
- Are taking any medicines, including herbals
- Think you have, are being treated for, have signs of, or are prone to infection. You should not start taking ENBREL if you have any kind of infection, unless your doctor says it is okay
- Have any open cuts or sores
- Have diabetes, HIV, or a weak immune system
- Have TB or have been in close contact with someone who has had TB
- Were born in, lived in, or traveled to countries where there is more risk for getting TB. Ask your doctor if you are not sure
- Live, have lived in, or traveled to certain parts of the country (such as, the Ohio and Mississippi River valleys, or the Southwest) where there is a greater risk for certain kinds of fungal infections, such as histoplasmosis.

the things that matter most."

Ask your rheumatologist if ENBREL may be right for you,
if you have joint pain, stiffness, or swelling, and think you may have psoriatic arthritis or RA. Call 1-888-4ENBREL or visit www.enbrel.com. Prescription ENBREL is taken by injection.

Enbrel® etanercept

These infections may develop or become more severe if you take ENBREL. If you don't know if these infections are common in the areas you've been to, ask your doctor

- Have or have had hepatitis B
- Have or have had heart failure
- Develop symptoms such as persistent fever, bruising, bleeding, or paleness while taking ENBREL
- Use the medicine Kineret® (anakinra), Orencia® (abatacept), or Cytoxan® (cyclophosphamide)
- Are taking anti-diabetic medicines
- Have, have had, or develop a serious nervous disorder, seizures, any numbness or tingling, or a disease that affects your nervous system such as multiple sclerosis or Guillain-Barré syndrome
- Are scheduled to have surgery
- Have recently received or are scheduled for any vaccines. All vaccines should be brought up-to-date before starting ENBREL. Patients taking ENBREL should not receive live vaccines.
- Are allergic to rubber or latex
- Are pregnant, planning to become pregnant, or breastfeeding
- Have been around someone with chicken pox

What are the possible side effects of ENBREL?

ENBREL can cause serious side effects including: New **infections** or worsening of infections you already have; **hepatitis B** can become active if you already have had it; **nervous system problems**, such as multiple sclerosis, seizures, or inflammation of the nerves of the eyes; **blood problems** (some fatal); new or worsening **heart failure**; new or worsening **psoriasis**; **allergic reactions**; **autoimmune reactions**, including a lupus-like syndrome and autoimmune hepatitis.

Common side effects include: Injection site reactions, upper respiratory infections (sinus infections), and headache. These are not all the side effects with ENBREL. Tell your doctor about any side effect that bothers you or does not go away.

If you have any questions about this information, be sure to discuss them with your doctor. You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch, or call 1-800-FDA-1088.

Please see accompanying Medication Guide on the next page.

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Enbrel® etanercept

Medication Guide Enbrel® (en-brel) (etanercept)

Read the Medication Guide that comes with Enbrel before you start using it and each time you get a refill. There may be new information. This Medication Guide does not take the place of talking with your doctor about your medical condition or treatment. It is important to remain under your doctor's care while using Enbrel.

Enbrel is a prescription medicine called a Tumor Necrosis Factor (TNF) blocker that affects your immune system.

What is the most important information I should know about Enbrel?

Enbrel may cause serious side effects, including:

1. Risk of infection

Enbrel can lower the ability of your immune system to fight infections. Some people have serious infections while taking Enbrel. These infections include tuberculosis (TB), and infections caused by viruses, fungi, or bacteria that spread throughout their body. Some people have died from these infections.

- Your doctor should test you for TB before starting Enbrel.
- Your doctor should monitor you closely for symptoms of TB during treatment with Enbrel even if you tested negative for TB.
- Your doctor should check you for symptoms of any type of infection before, during, and after your treatment with Enbrel.

You should not start taking Enbrel if you have any kind of infection unless your doctor says it is okay.

2. Risk of cancer

- There have been cases of unusual cancers in children and teenage patients who started using TNF-blocking agents at less than 18 years of age.
- For children, teenagers, and adults taking TNF-blocker medicines, including Enbrel, the chances of getting lymphoma or other cancers may increase.
- People with rheumatoid arthritis or psoriasis, especially those with very active disease, may be more likely to get lymphoma.

Before starting Enbrel, be sure to talk to your doctor:

Enbrel may not be right for you. Before starting Enbrel, tell your doctor about all of your medical conditions, including:

Infections – tell your doctor if you:

- have an infection. (See **"What is the most important information I should know about Enbrel?"**)
- are being treated for an infection.
- think you have an infection.
- have symptoms of an infection such as fever, sweats or chills, cough or flu-like symptoms, shortness of breath, blood in your phlegm, weight loss, muscle aches, warm, red, or painful areas on your skin, sores on your body, diarrhea or stomach pain, burning when you urinate or urinating more often than normal, and feel very tired.
- have any open cuts on your body.
- get a lot of infections or have infections that keep coming back.
- have diabetes, HIV, or a weak immune system. People with these conditions have a higher chance for infections.
- have TB, or have been in close contact with someone with TB.
- were born in, lived in, or traveled to countries where there is a risk for getting TB. Ask your doctor if you are not sure.
- live, have lived in, or traveled to certain parts of the country (such as the Ohio and Mississippi River valleys, or the Southwest) where there is a greater risk for getting certain kinds of fungal infections (histoplasmosis, coccidioidomycosis, blastomycosis). These infections may happen or become more severe if you use Enbrel. Ask your doctor if you do not know if you live or have lived in an area where these infections are common.
- have or have had hepatitis B.

Also, BEFORE starting Enbrel, tell your doctor:

- **About all the medicines you take including prescription and nonprescription medicines, vitamins and herbal supplements including:**
  - ✓ **Orencia® (abatacept) or Kineret® (anakinra).** You have a higher chance for serious infections when taking Enbrel with Orencia® or Kineret®.
  - ✓ **Cyclophosphamide (Cytoxan®).** You may have a higher chance for getting certain cancers when taking Enbrel with cyclophosphamide.
  - ✓ **Anti-diabetic Medicines.** If you have diabetes and are taking medication to control your diabetes, your doctor may decide you need less anti-diabetic medicine while taking Enbrel.

Keep a list of all your medications with you to show your doctor and pharmacist each time you get a new medicine. Ask your doctor if you are not sure if your medicine is one listed above.

Other important medical information you should tell your doctor BEFORE starting Enbrel, includes if you:

- have or had a nervous system problem such as multiple sclerosis or Guillain-Barré syndrome.
- have or had heart failure.
- are scheduled to have surgery.
- have recently received or are scheduled to receive a vaccine.
  - ✓ all vaccines should be brought up-to-date before starting Enbrel.
  - ✓ people taking Enbrel should not receive live vaccines.
  - ✓ ask your doctor if you are not sure if you received a live vaccine.
- are allergic to rubber or latex.
  - ✓ the needle covers on the single-use prefilled syringes and the single-use prefilled SureClick® autoinjectors contains dry natural rubber.
- have been around someone with varicella zoster (chicken pox).
- are pregnant or plan to become pregnant. It is not known if Enbrel will harm your unborn baby.
  - ✓ **Pregnancy Registry:** Amgen has a registry for pregnant women who take Enbrel. The purpose of this registry is to check the health of the pregnant mother and her child. Talk to your doctor if you are pregnant and contact the registry at 1-877-311-8972.
- are breastfeeding or plan to breastfeed. It is not known if Enbrel passes into your breast milk. You and your doctor should decide if you will take Enbrel or breast feed. You should not do both.

See the section "What are the possible side effects of Enbrel?" below for more information.

What is Enbrel?

Enbrel is a prescription medicine called a Tumor Necrosis Factor (TNF) blocker.

Enbrel is used to treat:

- **moderately to severely active rheumatoid arthritis (RA).** Enbrel can be used alone or with a medicine called methotrexate.
- **psoriatic arthritis.** Enbrel can be used alone or with methotrexate.
- **ankylosing spondylitis (AS).**
- **chronic moderate to severe plaque psoriasis in adults ages 18 years and older.**
- **moderately to severely active polyarticular juvenile idiopathic arthritis (JIA) in children ages 2 years and older.**

You may continue to use other medicines that help treat your condition while taking Enbrel, such as nonsteroidal anti-inflammatory drugs (NSAIDs) and prescription steroids, as recommended by your doctor.

Enbrel can help reduce joint damage and the signs and symptoms of the above mentioned diseases. People with these diseases have too much of a protein called tumor necrosis factor (TNF), which is made by your immune system. Enbrel can reduce the effect of TNF in the body and block the damage that too much TNF can cause, but it can also lower the ability of your immune system to fight infections. See **"What is the most important information I should know about Enbrel?"** and **"What are the possible side effects of Enbrel?"**

Who should not use Enbrel?

Do not use Enbrel if you:

- have an infection that has spread through your body (sepsis).

How should I use Enbrel?

- Enbrel is given as an injection under the skin (subcutaneous or SC).
- If your doctor decides that you or a caregiver can give the injections of Enbrel at home, you or your caregiver should receive training on the right way to prepare and inject Enbrel. Do not try to inject Enbrel until you have been shown the right way by your doctor or nurse.
- Enbrel is available in the forms listed below. Your doctor will prescribe the type that is best for you.
  - Single-use Prefilled Syringe
  - Single-use Prefilled SureClick Autoinjector
  - Multiple-use Vial
- See the detailed "Patient Instructions for Use" with this Medication Guide for instructions about the right way to store, prepare, and give your Enbrel injections at home.
- Your doctor will tell you how often you should use Enbrel. Do not miss any doses of Enbrel. If you forget to use Enbrel, inject your dose as soon as you remember. Then, take your next dose at your regular(ly) scheduled time. In case you are not sure when to inject Enbrel, call your doctor or pharmacist. **Do not use Enbrel more often than as directed by your doctor.**
- Your child's dose of Enbrel depends on his or her weight. Your child's doctor will tell you which form of Enbrel to use and how much to give your child.

What are the possible side effects of Enbrel?

Enbrel can cause serious side effects, including:

See "What is the most important information I should know about Enbrel?"

- **Infections.** Enbrel can make you more likely to get infections or make any infection that you have worse. Call your doctor right away if you have any symptoms of an infection. See **"Before starting Enbrel, be sure to talk to your doctor"** for a list of symptoms of infection.
- **Hepatitis B infection** in people who carry the virus in their blood. If you are a carrier of the hepatitis B virus (a virus that affects the liver), the virus can become active while you use Enbrel. Your doctor may do a blood test before you start treatment with Enbrel and while you use Enbrel.
- **Nervous system problems.** Rarely, people who use TNF-blocker medicines have developed nervous system problems such as multiple sclerosis, seizures, or inflammation of the nerves of the eyes. Tell your doctor right away if you get any of these symptoms: numbness or tingling in any part of your body, vision changes, weakness in your arms and legs, and dizziness.
- **Blood problems.** Low blood counts have been seen with other TNF-blocker medicines. Your body may not make enough of the blood cells that help fight infections or help stop bleeding. Symptoms include fever, bruising or bleeding very easily, or looking pale.
- **Heart failure** including new heart failure or worsening of heart failure you already have. New or worse heart failure can happen in people who use TNF-blocker medicines like Enbrel. If you have heart failure your condition should be watched closely while you take Enbrel. Call your doctor right away if you get new or worsening symptoms of heart failure while taking Enbrel, such as shortness of breath or swelling of your lower legs or feet.
- **Psoriasis.** Some people using Enbrel developed new psoriasis or worsening of psoriasis they already had. Tell your doctor if you develop red scaly patches or raised bumps that may be filled with pus. Your doctor may decide to stop your treatment with Enbrel.
- **Allergic reactions.** Allergic reactions can happen to people who use TNF-blocker medicines. Call your doctor right away if you have any symptoms of an allergic reaction. Symptoms of an allergic reaction include a severe rash, a swollen face, or trouble breathing.
- **Autoimmune reactions, including:**
  - ✓ **Lupus-like syndrome.** Symptoms include a rash on your face and arms that gets worse in the sun. Tell your doctor if you have this symptom. Symptoms may go away when you stop using Enbrel.
  - ✓ **Autoimmune hepatitis.** Liver problems can happen in people who use TNF-blocker medicines, including Enbrel. These problems can lead to liver failure and death. Call your doctor right away if you have any of these symptoms: feel very tired, skin or eyes look yellow, poor appetite or vomiting, pain on the right side of your stomach (abdomen).

Common side effects of Enbrel include:

- **Injection site reactions** such as redness, swelling, itching, or pain. These symptoms usually go away within 3 to 5 days. If you have pain, redness, or swelling around the injection site that doesn't go away or gets worse, call your doctor.
- **Upper respiratory infections** (sinus infections).
- **Headache.**

These are not all the side effects with Enbrel. Tell your doctor about any side effect that bothers you or does not go away.

Call your doctor for medical advice about side effects. You may report side effects to FDA at 1-800-FDA-1088.

How should I store Enbrel?

- Store Enbrel in the refrigerator at 36° to 46°F (2° to 8°C).
- **Do not freeze.**
- **Do not shake.**
- Keep Enbrel in the original carton to protect from light.
- Keep Enbrel and all medicines out of the reach of children.

General Information about Enbrel

Medicines are sometimes prescribed for purposes not mentioned in a Medication Guide. Do not use Enbrel for a condition for which it was not prescribed. Do not give Enbrel to other people, even if they have the same condition. It may harm them.

This Medication Guide summarizes the most important information about Enbrel. If you would like more information, talk with your doctor. You can ask your doctor or pharmacist for information about Enbrel that was written for healthcare professionals. For more information call, 1-888-4ENBREL (1-888-436-2735).

What are the ingredients in Enbrel?

Single-use Prefilled Syringe and the Single-use Prefilled SureClick Autoinjector:

Active Ingredient: etanercept

Inactive Ingredients: sucrose, sodium chloride, L-arginine hydrochloride and sodium phosphate

Multiple-use Vial:

Active Ingredient: etanercept

Inactive Ingredients: mannitol, sucrose, tromethamine

v5

Issue Date: 10/2010

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Bio-Oil® is a specialist skincare product formulated to help improve the appearance of scars, stretch marks and uneven skin tone. Its unique formulation, which contains the breakthrough ingredient PurCellin Oil™, is also highly effective for aging and dehydrated skin. For comprehensive product information and results of clinical trials, please visit bio-oil.com. Bio-Oil is available at drugstores and selected retailers at the recommended selling price of $11.99 (2fl.oz.). Individual results will vary.

Sarah Jessica Parker, as Kate Reddy, juggles way too much.

Work-life balance? Hahaha!

You will love the smart ladies of the new movie *I Don't Know How She Does It*, based on the era-defining novel. Listen in as they rant, commiserate, and laugh about the impossibility of "having it all."

Nine years ago, Allison Pearson (left) introduced the world to Kate Reddy, a stressed-to-the-gills working mom we all related to because she *didn't* make it look easy. This month Kate hits the big screen in the movie version of *I Don't Know How She Does It*. We asked Allison to continue the conversation, this time with the film's stars—Sarah Jessica Parker, Busy Philipps, Christina Hendricks, and Jane Curtin—and screenwriter, Aline Brosh McKenna (*The Devil Wears Prada*). Turns out, tough choices make for great girl talk.

Q We've been called the "Having It All" generation of women. How does that phrase resonate in your own life?

Busy Philipps: After my daughter was born and I had started working on *Cougar Town*, I said to my husband, "Whoever said we can 'have it all' is either an idiot, really bad at their job, or a really bad mom." The truth is, we can have it all-ish. Some days I'm great at my job, some days I'm a great mom, some days I'm a great wife and friend. And *some* days, I nail it all.

Sarah Jessica Parker: I'm slightly allergic to the phrase *having it all*, because it suggests an indulgence I don't really identify with. The idea of having a full life resonates with me more, because it's what I aim for. I'm a mother first and foremost, and the work that I do outside the home can only happen if I know all is well inside my home.

Christina Hendricks: I believe [women can have it all] but that it requires an *incredible* amount of work. It's important to never expect anything or believe you deserve something.

Jane Curtin: I did have it all! But "all" was defined as a career that was flexible and a husband who was flexible. I decided to focus on television [*Kate & Allie* and *3rd Rock From the Sun*] so that I could be home every night and cook dinner.

Aline Brosh McKenna: I would describe my approach as: Having Some But Not All Things Some of the Time, with breaks for snacks.

Q Guilt is to motherhood what rain is to Seattle: It's the prevailing climate. Can we talk about mom guilt?

SJP: *Conflict* is a better word than *guilt* for me. Because I'm choosing to work, it's more about the conflict of loving the challenge and the heart of being a parent and also loving the challenge of the workplace. When I was away shooting *Sex and the City 2*, my daughters couldn't come because they were too young to get the shots they needed to travel. And the only way to get through the bad days was to flip a switch in my brain and say, "At this moment, I'm going to pretend. I'm just not going to have children in my head." But I was comforted that my family was spending time with the kids. And there's always Skype, which is both torture and comforting.

BP: Oh, God. Every day that I work, I feel the ache and pull. In TV, the schedules tend to change a lot. I'll have promised Birdie, who's 3, to take her to the zoo or a class, and then I get called in. I want her to be able to count on my word, so I've learned that when I'm working, I simply can't promise those things.

ABM: The real difference between moms and dads is that moms lie in bed at night wondering if they made the right parenting choices, and dads lie in bed wondering what to say to get their wives to quit feeling guilty and sleep with them.

Q Christina, you're not a mom yet—do you worry about that guilt as you look ahead to motherhood?

CH: Who said I'm looking ahead at motherhood?! Anyway, you don't have to be a mother to have guilt. You have to *have* a mother to feel guilt.

Q When I was writing the book, I was appalled by the way women judge each other's choices—stay-at-home moms vs. working ones. What's that all about?

SJP: Nothing is harder than being a stay-at-home mom. *Nothing*. For anybody to judge any choice among the sisterhood

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is beyond me. It's unaccountable. I don't understand how anyone can decide what's best for someone else.

BP: It's the worst. Comments like, "I just *couldn't* leave so-and-so. But I'm that kind of mom...." Puke! I think it's a case of the grass being greener: I envy stay-at-home moms when I'm working. Then, when I'm on hiatus, I'm like, *Agh! Get me a job!*

Q Kate gets into a lot of crazy scrapes because of her double life: lice jumping off her during client meetings, for example. What's the worst stuff you've gone through?

SJP: I literally got an email while we were shooting this movie that there was lice in my son's school and there would be group checks for the next few days. It was hilarious. I forwarded it to our director and was like, "Yep, yep, I'm living it now."

BP: Well, you know, I can never wear anything nice unless it's after 8 p.m., because there will inevitably be something smeared somewhere on it. And last year, Birdie was visiting me at work, which she does a lot. They had just started to roll and our craft-services lady ran up to me and said, "Birdie's okay. She stopped throwing up and I brought her ginger ale." And then they called "Action!" I was beside myself. I don't remember the take; I just remember running up to my room when they yelled "cut." There was my poor girl, wet face and hair, lying on her nanny's lap in her diaper with a blanket around her. She jumped into my arms; she was so hot and sick. And I held her and rocked her. The worst part was, I had to leave her again to go back to shoot. I started to cry, but, you know, there are 130 people who need me to do my job so they can do theirs.

Q In the book, Kate says life without her kids would be "like a world without music or lightning." What does being a mother mean to you—and how would you express that to someone who was uncertain about becoming one?

BP: Nothing has made me a better actor than motherhood. It opened a whole new wealth of emotions and a deep calmness. But if you're waiting for the perfect time, there isn't one. You just have to dive in and hope the water is deep enough.

SJP: If being a mom is what you want to do, it's the most spectacularly wonderful, difficult, thrilling thing in life. But the beauty is that you don't have to make that choice: You can be someone who doesn't necessarily want to be a parent, and have friends who have kids and be around them when you want to be. But for me, it's just such a tremendous joy.

ABM: You spend a lot of time in puzzled wonderment about how you can adore a tiny person so much, how you will race across broken glass to get there before bedtime. You also finally understand how hard your own parents worked to raise you, and you start immediately apologizing to them.

Q I once went away for five days and left my husband a list of stuff to do with the kids/pets in my absence. He said, "But it looks like a plan for invading a small country." Do you think it will ever be possible to download the "Motherhood Program" to a man's brain?

SJP: No, nor would I want to. I like that there is something I'm certain I'm superior at! It's worthy of a Nobel Prize if somebody could figure out what it is that allows a woman to be so strategic and plan and carry things out. I feel confident that there are very few men who could do the same thing. I'm sure there are exceptions to the rule. But I've not seen it.

JC: I say: Let fathers do what they do, and as long as nobody dies, a successful time was had by all.

ABM: My husband once tried to convince me that we were splitting all parenting chores 50/50, which led to an argument that culminated in me asking—okay, yelling—"What's his shoe size?" Once we both realized that he was never going to grasp the nuances of matching the little socks to the little hat, or even where we kept those things, it got a lot easier.

Q The challenges of being a working mom will always be part of the picture, but what hopes do you have for the girls of the next generation? And what advice?

ABM: Being a good parent starts with being a fulfilled, happy person. Begin with that. Try to keep that going. You deserve it, and so do your kids. If you can learn to do that before the babies arrive, you're in good shape.

BP: I hope that some of the kinks get worked out with men, as far as what's expected of them and how to keep balance in the home. I feel like my daughter's generation may just get the balance right. And the advice I will give her is to be as open and honest with your friends and coworkers as you can be. It's easier when women talk these things out as opposed to suffering alone. You know, it isn't easy. But it sure is worth it. I love both my jobs and couldn't imagine not doing one.

CH: Work hard. Take pride. Figure out what you love to do and be excellent at it.

JC: My advice? Maintain a good support system, keep a sense of humor, and avoid perfection at all costs. ®

1 Aline Brosh McKenna
2 Christina Hendricks
3 Busy Philipps
4 Sarah Jessica Parker
5 Jane Curtin

FROM LEFT: WIREIMAGE/GETTY IMAGES (2), FILMMAGIC/GETTY IMAGES, GETTY IMAGES. COURTESY OF CRAIG BLANKENHORN/THE WEINSTEIN COMPANY.

SCHOOL CLOTHES? BACKPACKS? VACCINATIONS?

MAKE SURE YOUR CHILDREN ARE READY.

IMPORTANT VACCINE INFORMATION FOR CHILDREN UP TO AGE 5.

Certain strains of the pneumococcal bacteria can cause serious, invasive disease that is being seen more frequently today.

Invasive pneumococcal disease includes bacterial meningitis, which remains a serious risk for children up to age 5. Pneumococcal meningitis can cause death and long-term problems, such as hearing loss.

The doctors at the Centers for Disease Control have recommended that children under 5 who have had a full series of vaccinations with pneumococcal conjugate vaccine should now get a dose of Prevnar 13®, to cover six more strains including the most common one threatening young children today.*

*The immune response from this schedule might be lower for the 6 additional strains (types 1, 3, 5, 6A, 7F, and 19A) than if your child had received the full 4 doses of Prevnar 13®.

INDICATION FOR PREVNAR 13®

- Prevnar 13® is a vaccine approved for use in children 6 weeks through 5 years of age (prior to the 6th birthday)
- Prevnar 13® is indicated for active immunization for the prevention of invasive disease caused by 13 strains of *Streptococcus pneumoniae* (1, 3, 4, 5, 6A, 6B, 7F, 9V, 14, 18C, 19A, 19F, and 23F)

IMPORTANT SAFETY INFORMATION FOR PREVNAR 13®

- Prevnar 13® should not be given to anyone with a severe allergic reaction to any component of Prevnar 13®, Prevnar® (Pneumococcal 7-valent Conjugate Vaccine [Diphtheria CRM_{197} Protein]), or any diphtheria toxoid–containing vaccine
- Prevnar 13® may not protect all individuals receiving the vaccine
- Children with weakened immune systems may have a reduced immune response to Prevnar 13®
- A temporary pause of breathing following vaccination has been observed in some infants born prematurely

IMPORTANT SAFETY INFORMATION FOR PREVNAR 13® (continued)

- The most commonly reported serious adverse events include bronchiolitis (an infection of the lungs) (0.9%, 1.1%), gastroenteritis (inflammation of the stomach and small intestine) (0.9%, 0.9%), and pneumonia (0.9%, 0.5%) for Prevnar 13® and Prevnar®, respectively
- The most common side effects are redness, swelling and tenderness at the injection site, fever, decreased appetite, irritability, increased sleep, and decreased sleep. Any side effects associated with the vaccination should be reported to your child's health care provider
- Ask your child's health care provider about the risks and benefits of Prevnar 13®. Only a health care provider can decide if Prevnar 13® is right for your child

You are encouraged to report negative side effects of vaccines to the FDA and Centers for Disease Control (CDC). Visit www.vaers.hhs.gov or call 1-800-822-7967.

Please see Important Facts for Prevnar 13® on the following page.

Prevnar 13®
Pneumococcal 13-valent Conjugate Vaccine (Diphtheria CRM_{197} Protein)

FOR MORE INFORMATION, ASK YOUR CHILD'S DOCTOR OR GO TO WWW.PREVNAR13.COM/UPDATE

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IMPORTANT FACTS

Prevnar 13®
Pneumococcal 13-valent Conjugate Vaccine (Diphtheria CRM_{197} Protein)

Prev • nar 13

ABOUT PREVNAR 13®

- Prevnar 13® is a vaccine which helps protect against 13 strains of *Streptococcus pneumoniae* (1, 3, 4, 5, 6A, 6B, 7F, 9V, 14, 18C, 19A, 19F, and 23F) that can cause invasive disease.
- Prevnar 13® may also be used for the prevention of otitis media (ear infection) caused by *Streptococcus pneumoniae* strains 4, 6B, 9V, 14, 18C, 19F, and 23F. No efficacy data for ear infections are available for strains 1, 3, 5, 6A, 7F, and 19A.
- Prevnar 13® may not protect all individuals receiving the vaccine.
- Protection against ear infections is expected to be less than that for invasive disease.
- Prevnar 13® does not replace the use of 23-valent pneumococcal polysaccharide vaccine (PPV23) in children ≥24 months of age with sickle cell disease, damaged spleen, HIV infection, chronic illness, or who have weakened immune systems.

WHO SHOULD RECEIVE PREVNAR 13®?

- Prevnar 13® is recommended for children 6 weeks through 5 years of age.
- Prevnar 13® is regularly given as a 4-dose series at 2, 4, 6, and 12 to 15 months of age.
- ***Transition schedule:*** Children who have received one or more doses of Prevnar® (Pneumococcal 7-valent Conjugate Vaccine [Diphtheria CRM_{197} Protein]) may complete the 4-dose immunization series with Prevnar 13®.
- ***Catch-up schedule:*** Children 15 months through 5 years of age who are considered fully immunized with Prevnar® may receive one dose of Prevnar 13® to elicit immune responses to the six additional strains.
- The immune response from the transition or catch-up schedules might be lower for the 6 additional strains (types 1, 3, 5, 6A, 7F, and 19A) than if your child had received the full 4 doses of Prevnar 13®.

WHO SHOULD NOT RECEIVE PREVNAR 13®?

- Children under 6 weeks of age and over 6 years of age.
- Children who have had a serious allergic reaction to any component of Prevnar 13®, Prevnar®, or any diphtheria toxoid–containing vaccine.

BEFORE STARTING PREVNAR 13®

Tell your child's health care provider about all of your child's medical conditions, including:

- Previous allergic or adverse reactions to other vaccines.
- Certain conditions that weaken your child's immune system such as a damaged spleen, HIV infection, cancer, or kidney problems. Children with weakened immune systems may have a reduced immune response to Prevnar 13®.

Especially tell your child's health care provider if your child is taking medicines that can weaken his or her immune system such as steroids (e.g., prednisone) and cancer medicines or if your child is undergoing radiation therapy.

POSSIBLE SIDE EFFECTS OF PREVNAR 13®

Prevnar 13® may cause serious side effects including:

- Temporary pause of breathing in some infants born prematurely
- Bronchiolitis (an infection of the lungs)
- Gastroenteritis (inflammation of the stomach and small intestine)
- Pneumonia

The most common side effects of Prevnar 13® are:

- Redness, swelling and tenderness at the injection site
- Fever
- Decreased appetite
- Irritability
- Increased sleep
- Decreased sleep

Any side effects associated with the vaccination should be reported to your child's health care provider. These are not all of the possible side effects of Prevnar 13®. For a complete list, ask your child's health care provider.

NEED MORE INFORMATION?

- This is only a summary of important information. Ask your child's health care provider for complete product information.
- Go to **www.prevnar13.com** or call 1-800-666-7248.

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All for one and one for all? Don't make me laugh.

My sister, my frenemy

Think you and your sis are competitive? Pull up a chair. These siblings who compare everything from their kitchen faucets to their cup sizes will make you feel (relatively) normal. By Lucinda Rosenfeld

My two older sisters and I are all undeniably adults now. We have families of our own, careers of our own, homes, cars, mortgages, and lovely gray hairs of our own. We are also close—we talk on the phone or email nearly every day. And yet, the sensation that we're competing against one another for some grand prize has never entirely gone away, and mostly, I feel outranked and outrun. The list of categories is endless. *Who has the best marriage/career/figure? Who's the best dressed/the best traveled/the best parent with the smartest/cutest/most gifted and talented kids—as well as the nicest fridge?* I've recovered (more or less) from not getting into the Ivy League college attended by my oldest sister, 25 years ago. But the fact that she got her kids into a better elementary school than my daughter's is a fresh source of angst. A year ago, my middle sister announced she'd gotten a prestigious new job. My first thought was that I was happy for her. My second was that I was the only sister without an advanced degree. I was clearly the "dumb one." That, in turn, reminded me that my sisters, in addition to getting better grades than me, outdid me on the SATs by many hundreds of points. Twenty-five year later, why do I still remember anyone's SAT scores?! That's the crux of sibling rivalry: It doesn't matter how far you've come; the past was always just yesterday.

From what I can gather, my sisters feel competitive with me too. True to my family reputation as the "fancy sister," I'm the one with the Brooklyn brownstone. Since I write from home, my sisters seem to think I have an annoyingly easy work schedule for a mom. Also, I'm the tallest of the three—by one measly inch, but still.

Even typing that last paragraph made me feel slightly insane. Is something wrong with us? Is our cycle of one-upmanship typical? In search of answers, I talked to other sisters to see if they, too, felt as if they were still duking it out in the center ring. I quickly realized that sisterly competition is the norm, not the exception—and that the things we get worked up about are often the most absurd. I suspect that the bean counting will follow all of us to our assisted-living facilities. The best we can do is try to maintain some perspective—and laugh accordingly.

For many sisters, it seems, the intense competition they experienced as children gets projected onto the next generation. Translation: Little cousins are unwittingly pitted against each other. Take Kelly*, a fund-raiser in Boston. She hadn't been pregnant three months when her younger sister announced that she was pregnant too. "I got my nose out of joint a tiny bit," admits Kelly, who, despite being incredibly close to her sister, felt that her thunder had been stolen. When both of their kids were preschool age, Kelly's sister and brother-in-law started throwing around the *genius* word in regard to their son. "That really annoyed me too," says Kelly, "but I can't tell if it was because

CHRISTOPHER BISSELL/GETTY IMAGES.

*Names have been changed.

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I think genius talk about little kids is stupid or because I felt threatened that my daughter wasn't a genius!" These days, Kelly feels jealous that although her daughter learned to read first, her sister's son is a more avid reader. Then again, says Kelly, "My daughter plays pretty good tennis and guitar, and I feel more proud of that in front of my sister than anyone else!" So they're even—or almost. (In truth, Kelly hasn't entirely forgiven her little sis for asking some of *her* close friends to be bridesmaids. "I was like, 'Get off my life!'")

But wait, it gets nuttier. Jemma, a lawyer in Denver, was tweaked by the fact that her younger sister breast-fed both of her babies forever. What's more, her sister could pump so much, so fast, that she breezed back to work after her maternity leave. By contrast, Jemma could barely eke out two ounces a session and spent half her workday sweating it out in the ladies' room. Never mind that Jemma was fully aware of how ridiculous it was to be competitive about breast milk: She still felt as if she'd lost the "Mother Earth" derby.

Looks and weight bring out the inner Olympic competitor in Amy, a fashion merchandiser and the oldest of three sisters in Los Angeles. It began in college, when her younger sister suddenly turned into a major hottie. "I remember going to the beach with my old high school friends over the summer," Amy says. "My sister was wearing a bikini, and all the guys were like, 'Who is *that*?' Her bathing suit felt like the worst thing that ever happened to me." Now they're both married with kids, but "every summer we have that silly thing—who's the skinny one?" And who *is* the skinny one these days? "I feel really chubby right now," Amy says, not laughing. "So she's winning."

No one really wins—we just jockey for position continually. Catherine, an editor in San Francisco and the younger of two girls, says her sister was a straight-A student and musically gifted, while Catherine was held back a year and failed miserably at the cello. Eventually she began to get good grades, and she also won a state title in cross-country. "But I still feel one-upped sometimes," Catherine says. "When I got a new job at a magazine, I was excited, and my family was too, until my sister announced that she also had a new job—at the White House!"

Often, the catfight is about who has the most Purina in her bowl, so to speak. Tammy, a teacher in Miami, always feels like the poor relation when her older sister, an executive in Silicon Valley, is around. By coincidence, both sisters had their kitchens redone around the same time. Tammy was thrilled with the results—until her sis visited. "She asked, 'Where'd you get your sink faucet?'" says Tammy, sighing. "When I told her Home Depot, she said, 'Interesting. Well, I splurged on a Perrin & Rowe. It was two grand, but I couldn't help myself.'" For weeks after, Tammy had to remind herself how happy she'd been with her kitchen before her sister had laid eyes on it. Similarly, Amy had to keep reminding herself what an "amazing, beautiful wedding" she'd had—after she found out her youngest sister would be serving lobster rolls at her own ceremony. (Their parents had nixed the same idea for Amy's reception, citing the cost.) Of course, it wasn't really about the lobster rolls—it was about being Mom and Dad's favorite, the Golden Child.

Melanie, a stay-at-home mom in Chicago, can relate. When her extended family gets together, she often catches her older sister rolling her eyes at their parents over things Melanie's small children do. "Like, if my baby throws his sandwich on the floor, my older sister gives my parents a look that telegraphs, '*My* kids don't do that.'" Melanie also competes with her sister over who has the better (handsomest, funniest, most successful, best mannered) husband, wardrobe, and home decor—all in search of their parents' seal of approval. "I love my relationship with my sister 98 percent of the time," reports Melanie. "But I spend the other 2 percent just hoping she doesn't sell me down the river!"

My parents factor in my own sibling decathlon as well. I was the last of my sisters to get married and pregnant by many years—years that, for the record,

I still feel insecure about. During that time, my parents went from being middle-aged to senior citizens. When my elder daughter was born (she just turned 5), they weren't quite as available for babysitting as they once had been. Every time I hear that my sister's twins, now older and nearly self-sufficient, have spent the night at Grandma's house, my heart shrinks with resentment. What gives?

I called Adele Faber, coauthor of the best seller *Siblings Without Rivalry*, first published in 1987. She said it goes back to early childhood and the jockeying for parental attention after a new sibling is born: "From that moment, you get less of the miracle that is the parents' love—also less of their time, less attention, fewer laughs, fewer smiles."

"We have that silly thing: **Who's the skinny one?** I feel chubby right now, so she's winning."

Who's on top? It's the author, at age 7, and her sisters in 1977.

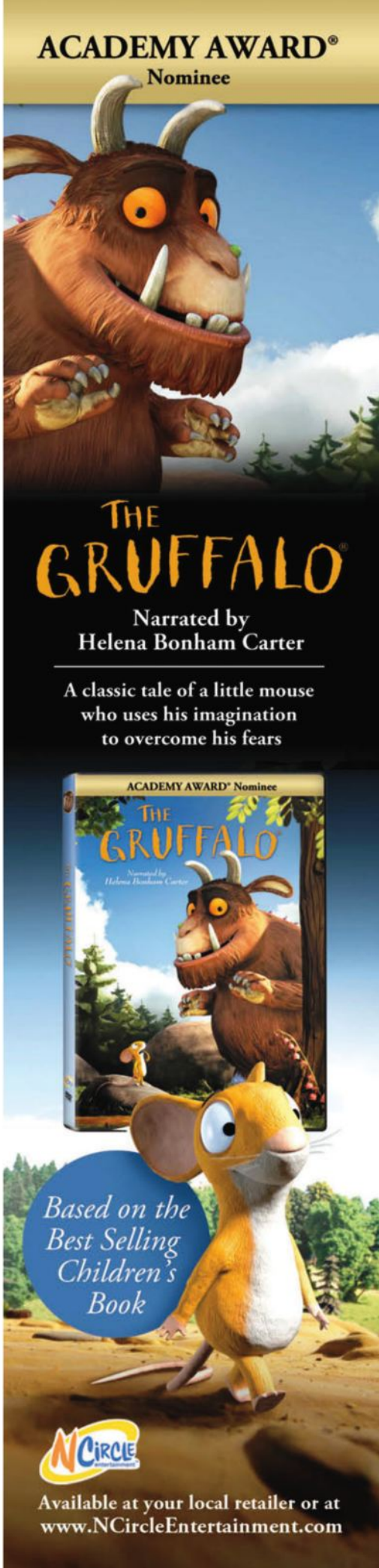
COURTESY OF AUTHOR.

And why do sisters in particular care so much? According to Vikki Stark, a family therapist in Canada and the author of *My Sister, My Self*, "Women's identities are more rooted in connections. Brothers can be tremendously competitive, but if they're not getting along, they just say, 'Eh,' and write the guy off. When women have problems with sisters, it troubles them. They think about it; they try to work it out."

Stark has a handy trick for dealing with sisterly gatherings: "Make a mantra for the event, like 'Dignified, cheerful, calm.' Repeat it on your way over in the car and all through dinner. It will center you." More generally, she advises identifying your own role in the family—and choosing not to play it anymore. "You can decide, 'I'm not like this with anyone else, and I'm ready to start changing.' You can also decide, 'My sister is always going to make that comment, but I'm not going to give her the keys to the button cabinet anymore.'"

And yet, based on my own experience, I wonder if sibling rivalry, in addition to being a major stressor, might also be a great motivator. I suspect that I wouldn't have the full life I have (kids, house, husband, three books published) if I hadn't been so desperate to keep up with my super-achieving big sisters. It also seems that competition has kept my two sisters and me as close as we are, since we never stop keeping tabs on the nitty-gritty of each other's lives. If you've ever watched runners waiting for the gun to go off at a track meet, you'll notice that they're all crouching, shoulder to shoulder. That's how I see my sisters and me, except we're arm in arm. ®

Lucinda Rosenfeld's most recent novel is I'm So Happy For You: A Novel About Best Friends.



New pick for bedtime: Shannon's *Tilly the Trickster* is out this month.

Molly Shannon, interviewed by Nolan, 6, & Stella, 7

Listen in: The comedian and children's book author has a few things to confess to her kids.

Stella: How many toys did you have when you were little?

Molly: I had a lot of Barbie dolls. I loved Barbie. I must have had at least 20. I wish I had saved them for you, Stella, because I had all the Barbie clothes and all that Barbie equipment.

Stella: I'm going to go count up my Barbies and I'll come back when I'm done and tell you how many I have.

Nolan: What was church like when you were little?

Molly: I liked church. I found it all very peaceful and I got to wear a fancy coat and nice shoes. But I didn't like going to confession so much.

Nolan: What's confession?

Molly: Well, it's where you go… you know what? That's a little bit too grown-up-y for you right now. Let's wait on that one.

Nolan: What was it like when you were writing your book, *Tilly the Trickster*?

Molly: Did you know it's based on you and Stella, because the two of you are big tricksters? You *looove* to play tricks on me.

Nolan: I love to put an ice cube under your pillow! Sometimes I put ice cubes in your shoes.

Stella: [*Who's suddenly back*] I have 12 Barbie dolls. My favorite is the one with the pink pants and she has a pink ponytail that's on the very tippy top of her head. She's my favorite Barbie because I like her the most.

Molly: I liked Malibu Barbie, but I had a Stretch Armstrong doll and I used to pretend that he was the big, strong, muscular priest who Barbie would confess to. I had a Ken doll too, but Barbie and Stretch just seemed like a *much* better combo.

—ADAPTED BY LORI BERGER

ROBIN HOLLAND/CORBIS OUTLINE. INSET: COURTESY OF SUBJECT.

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GOLD CROWN

Have kids, will travel

How to love a nice, long layover? Start seeing the airport through your children's wondrous eyes.

I've historically been the kind of joyless, neurotic traveler who treats a flight delay like a human rights violation, lost luggage like a sign of the coming apocalypse, and snack prices like an affront to my dignity and intelligence. *"$4.95 for a bagel with cream cheese? Are they kidding? It's good that we brought our own raisins from home."* My poor husband. It was probably like being stuck traveling with somebody's cranky great aunt. In my mind, travel was all about arriving somewhere else—a parenthetical blur of irritatedness eased only by free Diet Coke. The introduction of babies to the mix did not exactly improve this situation, although it's true that we laughed a lot more as we whacked other passengers on the head with the car seat ("Sorry! Sorry!"), chased soggy toddlers up and down the aisle, and rummaged through our bags to deconstruct a four-hour plane trip into a thousand 10-second-long activities. I shudder at the memory of all the kid-friendly activities I invented using only keys, tissues, lip balm, and Tampax.

But somehow, those maniac babies have become actual people, 11 and 8, who turn traveling into a party—and I'm lucky just to get invited. On a recent four-hour layover in the Philadelphia airport, they took each other's picture in the massage chair at The Sharper Image, vibrating and screaming with laughter; they smelled every single lotion at The Body Shop ("Ooo, *mango*"); they sweet-talked us into splurging on smoothies and then splurging again on really good fries in a bar where we sat for two hours and played the comically named dice game Farkle. ("Excuse me," the kids always say when they're losing. "I Farkled.") To my children, the airport was like some kind of Museum of Sensory Pleasures—except for the automatic-flush toilets, which still scare them—and we were sheltered, safe, and together; getting there began to seem almost beside the point. Of course, the plane itself was a lot of fun too: The kids lured me into *SkyMall* to ogle patio gizmos and dog beds, and they awaited their boxed snacks with anticipation bordering on awe ("I got a whole entire tiny triangle of cheese!"). I'm not saying the layover will always be the best part, but it never has to be the worst. I guess it *is* the journey, not the destination. Whatever it is we were all traveling toward—love, joy, happiness—they showed me I was already there. ®

Catherine Newman, a journalist and the author of the memoir Waiting for Birdy, *blogs at benandbirdy.blogspot.com.*

ILLUSTRATION BY ANNABEL WRIGHT.

FLOVENT helps prevent asthma symptoms so she can breathe easier.*

It's hard to watch your kid having a tough time breathing. Fortunately, FLOVENT may help. Taken daily as directed, it can help prevent symptoms before they start because it helps reduce airway inflammation, an underlying cause of asthma symptoms. Your child's results may vary. FLOVENT is not for, and should not be used to treat, sudden symptoms. It won't replace a rescue inhaler.

FLOVENT is approved for use in children with asthma ages 4 and older. Can FLOVENT help prevent your child's asthma symptoms? Ask your doctor today.

Important Safety Information About FLOVENT DISKUS

- Do not use FLOVENT DISKUS to treat sudden symptoms of asthma. **FLOVENT DISKUS is not a rescue inhaler and should not be used to give you fast relief from your asthma attack.** Always use a rescue inhaler, such as albuterol, during a sudden asthma attack.
- Do not use FLOVENT DISKUS if you have severe allergy to milk proteins or fluticasone propionate. Ask your doctor if you are not sure.
- Tell your doctor about the medicines you take and about all of your medical conditions. **Do not stop taking FLOVENT DISKUS, even if you are feeling better, unless your doctor tells you to.** If you miss a dose, just take your next scheduled dose when it is due. **Do not take 2 doses at the same time unless your doctor tells you to. If you are not sure about your dosing, call your doctor.**
- If you have not had or have not been vaccinated against chickenpox, measles, or active tuberculosis, you should stay away from people who are infected. You should avoid exposure to chickenpox, measles, and tuberculosis. If exposed, consult your healthcare provider without delay.
- FLOVENT DISKUS can cause serious side effects, including:
  - **fungal infections (thrush) in your mouth and throat.** Tell your doctor if you have any redness or white-colored coating in your mouth.
  - **weakened immune system and decreased ability to fight infections.** Worsening of existing tuberculosis, fungal, bacterial, viral, or parasitic infections, or ocular herpes simplex may occur. Symptoms of infection may include: fever, pain, aches, chills, feeling tired, nausea and vomiting. Tell your doctor about any signs of infection while you use FLOVENT DISKUS.
  - **decreased adrenal function (adrenal insufficiency).** Symptoms of decreased adrenal function include tiredness, weakness, nausea and vomiting, and low blood pressure. Decreased adrenal function can lead to death.
  - **allergic reaction (anaphylaxis).** Call your doctor and stop FLOVENT DISKUS right away if you have any symptoms of an allergic reaction: swelling of the face, throat, and tongue, hives, rash, breathing problems.
  - **lower bone mineral density.** This may be a problem for people who already have a higher chance of low bone density (osteoporosis).
  - **slow growth in children.** The growth of children using FLOVENT DISKUS should be checked regularly.
  - **eye problems including glaucoma and cataracts.** Tell your doctor about any vision changes while using FLOVENT DISKUS. Your doctor may tell you to have your eyes checked.
  - **increased wheezing (bronchospasm).** Increased wheezing can happen right away after using FLOVENT DISKUS. Always have a rescue inhaler with you to treat sudden wheezing.
- **The most common side effects of FLOVENT DISKUS include** a cold or upper respiratory tract infection, throat irritation, nausea and vomiting, fever, and headache.

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch, or call 1-800-FDA-1088.

*Children ages 4 to 11 taking FLOVENT 50 mcg experienced improved lung function on a breathing test compared to placebo.

Visit myFLOVENT.com

Please see summary of Important Safety Information about FLOVENT DISKUS on next page.

GSK for you
If you don't have prescription coverage and can't afford your medicines, visit GSKforYou.com or call 1-866-GSK-FOR-U (1-866-475-3678)

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FloVent Diskus 50 mcg
(fluticasone propionate inhalation powder, 50 mcg)

FloVent® Diskus® 50 mcg, 100 mcg, 250 mcg

(fluticasone propionate inhalation powder, 50 mcg, 100 mcg, 250 mcg)

BRIEF SUMMARY

This summary does not take the place of talking to your healthcare provider about your medical condition or treatment. See full Prescribing Information for complete product information.

What is FLOVENT DISKUS?

FLOVENT DISKUS is an inhaled prescription corticosteroid medicine for the long-term treatment of asthma in people aged 4 and older.

- FLOVENT DISKUS helps to prevent symptoms of asthma.
- FLOVENT DISKUS does not treat the sudden symptoms of an asthma attack, such as wheezing, cough, shortness of breath, and chest pain or tightness. **Always have a fast-acting bronchodilator medicine (rescue inhaler) with you to treat sudden symptoms.**

It is not known if FLOVENT DISKUS is safe and effective in children younger than 4 years of age.

Who should not use FLOVENT DISKUS?

Do not use FLOVENT DISKUS:

- to treat sudden symptoms of asthma. **FLOVENT DISKUS is not a rescue inhaler and should not be used to give you fast relief from your asthma attack.** Always use a rescue inhaler, such as albuterol, during a sudden asthma attack.
- if you have severe allergy to milk proteins or fluticasone propionate. Ask your doctor if you are not sure.

What should I tell my doctor before taking FLOVENT DISKUS?

Before you use FLOVENT DISKUS, tell your doctor if you:

- have liver problems.
- have been exposed to chickenpox or measles.
- have any other medical conditions.
- are pregnant or planning to become pregnant. It is not known if FLOVENT DISKUS will harm your unborn baby. Talk to your doctor if you are pregnant or plan to become pregnant.
- are breastfeeding or plan to breastfeed. It is not known if FLOVENT DISKUS passes into your breast milk. You and your doctor should decide if you should use FLOVENT DISKUS while you breastfeed.

Tell your doctor about all the medicines you take including prescription and non-prescription medicines, vitamins, and herbal supplements. FLOVENT DISKUS may affect the way other medicines work, and other medicines may affect how FLOVENT DISKUS works. Especially, tell your doctor if you take:

- anti-viral medicines, including medicines that contain ritonavir (commonly used to treat HIV infection or AIDS).
- any other corticosteroid medicines.
- ketoconazole (NIZORAL®), an antifungal medicine.

This is not a complete list of medicines that can affect FLOVENT DISKUS. Ask your doctor if you are not sure if any of your medicines are the kinds listed above.

Know the medicines you take. Keep a list of them and show it to your doctor and pharmacist when you get a new medicine.

How should I use FLOVENT DISKUS?

- Read the detailed Instructions for Use that comes with FLOVENT DISKUS.
- An adult should always watch a child use FLOVENT DISKUS to make sure that it is used correctly, as instructed by your doctor.
- FLOVENT DISKUS comes in 3 strengths. Your doctor has prescribed the one that is best for your condition.
- Use FLOVENT DISKUS exactly as your doctor tells you to use it. Do not change the dose yourself. Your doctor will tell you how many times to inhale your FLOVENT DISKUS and when to use your FLOVENT DISKUS. **Do not** inhale more doses or use your FLOVENT DISKUS more often than your doctor has prescribed.
- FLOVENT DISKUS delivers your dose of medicine as a very fine powder **that most people, but not all, can taste or feel.** Whether or not you can taste or feel your dose of medicine, you should not take more than the prescribed dose. If you are not sure you are getting your dose of FLOVENT DISKUS, contact your doctor or pharmacist.
- It may take 1 to 2 weeks or longer after you start FLOVENT DISKUS for your asthma symptoms to get better. You must use FLOVENT DISKUS regularly. **Do not stop using FLOVENT DISKUS, even if you are feeling better, unless your doctor tells you to.**
- If you miss a dose, just take your next dose at your regular time. **Do not take 2 doses at the same time unless your doctor tells you to. If you are not sure about your dosing, call your doctor.**
- Your doctor may prescribe a rescue inhaler for emergency relief of sudden asthma attacks. Contact your doctor right away if:
  - an asthma attack does not respond to your rescue inhaler or
  - you need more of your rescue inhaler than usual.
- If you also use another medicine by inhalation, you should ask your doctor for instructions on when to use it while you are also using FLOVENT DISKUS.
- Do not use FLOVENT DISKUS with a spacer device.

What should I avoid while taking FLOVENT DISKUS?

- If you have not had or have not been vaccinated against chickenpox, measles, or active tuberculosis, you should stay away from people who are infected.

What are the possible side effects of FLOVENT DISKUS?

FLOVENT DISKUS can cause serious side effects, including:

- **fungal infection (thrush) in your mouth and throat.** Tell your doctor if you have any redness or white-colored coating in your mouth.
- **decreased ability to fight infections.** Symptoms of infection may include: fever, pain, aches, chills, feeling tired, nausea and vomiting. Tell your doctor about any signs of infection while you use FLOVENT DISKUS.
- **decreased adrenal function (adrenal insufficiency).** Symptoms of decreased adrenal function include tiredness, weakness, nausea and vomiting, and low blood pressure. Decreased adrenal function can lead to death.
- **allergic reaction (anaphylaxis).** Call your doctor and stop FLOVENT DISKUS right away if you have any symptoms of an allergic reaction:
  - swelling of the face, throat, and tongue
  - hives
  - rash
  - breathing problems
- **lower bone mineral density.** This may be a problem for people who already have a higher chance of low bone density (osteoporosis).
- **slow growth in children.** The growth of children using FLOVENT DISKUS should be checked regularly.
- **eye problems including glaucoma and cataracts.** Tell your doctor about any vision changes while using FLOVENT DISKUS. Your doctor may tell you to have your eyes checked.
- **increased wheezing (bronchospasm).** Increased wheezing can happen right away after using FLOVENT DISKUS. Always have a rescue inhaler with you to treat sudden wheezing.

Call your doctor right away if you have any of the serious side effects listed above or if you have worsening lung symptoms.

The most common side effects of FLOVENT DISKUS include:

- a cold or upper respiratory tract infection
- throat irritation
- nausea and vomiting
- fever
- headache

Tell your doctor if you have any side effects that bother you or that do not go away. These are not all the possible side effects of FLOVENT DISKUS. For more information ask your doctor or pharmacist.

Call your doctor for medical advice about side effects. You may report side effects to FDA at 1-800-FDA-1088 or 1-800-332-1088.

GlaxoSmithKline
Research Triangle Park, NC 27709
FLD:4BRS May 2011

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MAKE IT WORK

TIME, JOB & MONEY TIPS YOU NEED NOW

IT'S 7 A.M.

Time to master the morning rush

ROBERT HOUSER/GETTY IMAGES.

● **Prepare for re-entry.** Have the kids go to bed and wake up earlier for the two weeks before school starts, says Marcella Moran, an organizing expert in Hartsdale, NY. Get them in the habit of laying out their next-day outfits, and pack their lunches the night before. It's the number-one way to chill out family mornings, according to Moran.

● **Rinse, eat, repeat.** Set a morning schedule for your kids: Hit the bathroom, get dressed, then eat breakfast, suggests Laurie Zelinger, Ph.D., a child psychologist in Cedarhurst, NY: "It gives children a sense of structure and teaches organizational skills."

● **Reserve some Q.T.** "Get up 20 minutes before your kids so you're calm, ready—and showered!—when they wake up," says Ann Pleshette Murphy, author of *The 7 Stages of Motherhood*. "This builds in time for you to eat breakfast together or blast music while they're getting dressed. The rest of your morning will run smoother and happier." —NICOLE YORIO

FIVE-MINUTE MONEY MANAGER

Stop getting overcharged!

REDBOOK's money expert, Beth Kobliner, is the author of *Get a Financial Life* and is on the President's Advisory Council on Financial Capability.

It happens all the time to people who don't check their receipts. Watch out for these likely culprits.

● **Cell shock:** One in five people have spotted an unexpected charge on a cell phone bill in the last year, says *Consumer Reports*. And a new lawsuit claims that AT&T has up-charged some iPhone users by *300 percent*. Read your statement line by line and make sure any fluctuations are accounted for.

● **Checkout scams:** Investigators in California recently found that stores including Rite Aid, Whole Foods Market, and Banana Republic charged customers higher prices at the register than what was marked on the shelves, often because checkout scanners aren't updated regularly with sale prices. If a manager won't honor a shelf price, contact your state's consumer protection office at consumeraction.gov.

● **B.S. bank fees:** Did $10 or $25 mysteriously vanish from your checking account? You could be paying for services, like "extended overdrafts," that you didn't even know existed. Bank disclosure docs can be over 100 pages long (let's face it—*no one* reads those things), so go to your bank and ask for a concise rundown of fees in person. Even if banks don't want to, they must provide it.

THE #1 REASON TO SHOP WITHOUT YOUR KIDS

Studies show that women who bring children along when they shop spend **35 percent more money**, says Martin Lindstrom, marketing expert and author of the new book *Brandwashed*. So go it alone—or send your husband instead!

Yo, penny-pincher, you can clip without obsessing.

EXTREME COUPONING FOR AMATEURS

TLC's jaw-dropping reality show *Extreme Couponing* proves that you almost never have to pay full price. But who wants to spend six hours a day hunting for deals, or lug around a fat binder stuffed with coupons? Jamie Chase, author of *The Lazy Couponer*, told us how to save more than $25,000 annually on groceries and other household items in a fraction of the time. "I once spent 45 minutes clipping and yielded $400 worth of free stuff," she says. Do it *her* way:

● **Make your shopping list** a few minutes before you walk out the door. Then surf online coupon databases such as dealseeking mom.com and hotcouponworld.com—both sites will tell you where to find printable coupons for the items you need.

● **Pile on the savings.** Unless your coupon says "cannot be combined with other offers," you're free to use two per item: one in-store coupon (specific to that store) and one manufacturer's coupon. This can add up to nearly 100 percent off some stuff.

● **Buy one, get more free.** The best-kept secret about "buy one, get one free" sales is that you can often use coupons on both products (yes, even the one you're already getting for free) and quadruple your savings.

● **Prevent checkout rage.** The last thing you want to do is annoy everyone behind you in line as you riffle through your bag for loose clippings. Organize coupons and paperclip them to your shopping list so the cashier can swipe them quickly. —LISA COSTANTINI

FROM LEFT: TARA DONNE, JESSIE JEAN/GETTY IMAGES.

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ONE CRAZY, HAPPY LIFE

Survival tips from an XXL family

Cortney and Robert Novogratz and their seven kids have moved houses, oh, a dozen times or so. How crazy is that? They explain.

The Novogratzes (clockwise from top): Breaker, Robert, Wolfgang, Tallulah, Major, Cortney, Five, Bellamy, and Holleder.

"No matter how long we're in a home, we always hang pictures," Cortney says. "We have the same five family photos that go up, plus a bunch that rotate."

Moving is cleansing. "Because of what we do [the New York City–based couple, who star on HGTV's *Home by Novogratz*, remodel and flip homes for a living], we've moved a *lot*," Cortney says. "It's therapeutic. It lets us assess what we have, what we need, and what we can donate."

Mornings will never be calm. "Our day begins at 5:30 a.m., when Major, our 2-year-old, wakes us," Cortney says. "Then the rest of the kids get up, and they're printing out homework and we're all running around finding shoes and backpacks and making lunches. I'll try to look at the paper, but I never finish it. Sometimes I read the Tuesday paper on Thursday."

Don't drive yourself nuts. "I used to get overwhelmed chauffeuring all over town if one kid wanted to take art and another played soccer," Cortney says. "But we found a solution: We've pared it down to activities that can be taught at our home. We have more control when it's happening under one roof."

Alone time is essential. "Our intimate moments happen while the kids are at school," Robert says. "We'll realize, 'We don't have a meeting until 1. Let's do lunch!' We just did two jobs in Los Angeles—and traveled without kids for the first time. We were like, 'Wow, this is so nice!'"

Our design and parenting philosophies are the same. "We're untrained designers and untrained parents, and we take one day at a time," says Robert. Adds Cortney, "We always go with our gut. If something doesn't feel right, we say no. And we definitely get overwhelmed. We'll have a glass of wine and go, 'Whew!' But this is what we signed up for, and we love it—even on bad days." —AS TOLD TO NICOLE YORIO

"We're big into games," Cortney says. "Our 6-year-old son Holleder is a Jenga master. He'll get on the table, turn upside down, and lean over the tower to pull out a piece."

"I've been known to order in pizza twice a week," Cortney says. "Wolfie, who's 14, can eat an entire pie by himself, so we need four pizzas and a salad to feed everyone."

"We introduce our kids to movies and shows we watched when we were younger: *Sixteen Candles*, *The Lost Boys*, *Stand by Me*, *Little House on the Prairie.* They love them," Robert says.

"We have a Suburban, and in the summer, Robert and I trick each other by turning on each other's heated seats," Cortney says. "I'll think there's no way he got me, but he did!"

CORTNEY AND ROBERT, HALLWAY: COSTAS PICADAS. FAMILY: TIME GEANEY. JENGA, PIZZA: ISTOCKPHOTO.COM. *SIXTEEN CANDLES*: UNIVERSAL/THE KOBAL COLLECTION. SUBURBAN: COURTESY OF CHEVROLET.

i spoke with our doctor and got informed. He recommended once-daily nonstimulant intuniv as part of my son’s total ADHD treatment plan.

INTUNIV is a prescription medicine used to treat Attention Deficit Hyperactivity Disorder (ADHD) in patients 6 to 17, either alone or in combination with ADHD stimulant medications. INTUNIV was shown to work in clinical studies lasting up to 9 weeks. INTUNIV should be used as part of a total treatment program that may include counseling or other therapies.

Important Safety Information

Patients should not take INTUNIV if they are allergic to guanfacine or other ingredients in INTUNIV, or are taking other medicines containing guanfacine (eg, TENEX®). Tell the doctor about all medicines, vitamins, and herbal supplements your child is taking.

INTUNIV may cause serious side effects including low blood pressure, low heart rate, fainting, and sleepiness. Before starting INTUNIV, tell the doctor if your child has low blood pressure, low heart rate, heart problems, has fainted, has liver or kidney problems, is pregnant, breast-feeding or plans to become pregnant or breast-feed, or has any other medical condition. Patients should avoid becoming dehydrated or overheated while taking INTUNIV.

Patients should not drive or operate heavy equipment until understanding how INTUNIV affects them. INTUNIV can slow thinking and motor skills. While taking INTUNIV, patients should not drink alcohol or take other medicines that can cause sleepiness or dizziness as these symptoms may get worse.

The most common side effects of INTUNIV include sleepiness, tiredness, trouble sleeping, low blood pressure, nausea, stomach pain, and dizziness.

INTUNIV should be swallowed whole without crushing, chewing, or breaking the tablet. INTUNIV should not be taken with a high-fat meal. Do not change the dose or stop INTUNIV without talking with the doctor. The doctor will regularly check your child’s blood pressure and heart rate.

Please see Patient Information on the following page.
You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch or call 1-800-FDA-1088.

If you are having trouble affording your medicines, Shire may be able to help. Visit www.ShireCares.com or call 1-888-CARES-55.

For more information visit intuniv.com or call 1-866-272-1222. Ask the doctor about nonstimulant INTUNIV.

intuniv®
(guanfacine) Extended Release Tablets

INTUNIV® is a registered trademark of Shire LLC. ©2011 Shire US Inc. INT-01707 02/11

INTUNIV® (in-TOO-niv)
(guanfacine)
Extended-Release Tablets

Read the Patient Information that comes with INTUNIV® before you start taking it and each time you get a refill. There may be new information. **This leaflet does not take the place of talking with your doctor about your medical condition or your treatment.**

What is INTUNIV®?

INTUNIV® is a prescription medicine used to treat the symptoms of attention deficit/hyperactivity disorder (ADHD).

INTUNIV® is not a central nervous system (CNS) stimulant.

INTUNIV® should be used as a part of a total treatment program for ADHD that may include counselling or other therapies.

It is not known if INTUNIV® is effective:

- for use longer than 9 weeks

It is not known if INTUNIV® is safe or effective:

- in children younger than 6 years old
- in adults

What should I tell my doctor before taking INTUNIV®?

Before you take INTUNIV®, tell your doctor if you:

- have heart problems or a low heart rate
- have fainted
- have low blood pressure
- have liver or kidney problems
- have any other medical conditions
- are pregnant or plan to become pregnant. It is not known if INTUNIV® will harm your unborn baby. Talk to your doctor if you are pregnant or plan to become pregnant.
- are breast-feeding or plan to breast-feed. It is not known if INTUNIV® passes into your breast milk. You and your doctor should decide if you will take INTUNIV® or breast-feed.

Tell your doctor about all of the medicines you take, including prescription and non-prescription medicines, vitamins, and herbal supplements.

INTUNIV® may affect the way other medicines work, and other medicines may affect how INTUNIV® works.

Especially tell your doctor if you take:

- ketoconazole
- medicines that can affect enzyme metabolism
- valproic acid
- high blood pressure medicine
- sedatives
- benzodiazepines
- barbiturates
- antipsychotics

Ask your doctor or pharmacist for a list of these medicines, if you are not sure.

Know the medicines you take. Keep a list of them and show it to your doctor and pharmacist when you get a new medicine.

How should I take INTUNIV®?

- Take INTUNIV® exactly as your doctor tells you.
- Your doctor may change your dose. Do not change your dose of INTUNIV® without talking to your doctor.
- Do not stop taking INTUNIV® without talking to your doctor.
- INTUNIV® should be taken 1 time a day, either alone or in combination with an ADHD stimulant medication that your doctor may prescribe. Your doctor will tell you when to take INTUNIV® and when to take your ADHD stimulant medication.
- INTUNIV® should be swallowed whole with a small amount of water, milk, or other liquid.
- Do not crush, chew, or break INTUNIV®. Tell your doctor if you can not swallow INTUNIV® whole.
- Do not take INTUNIV® with a high-fat meal.
- Your doctor will check your blood pressure and heart rate while you take INTUNIV®.
- If you take too much INTUNIV®, call your local Poison Control Center or go to the nearest emergency room right away.

What should I avoid while taking INTUNIV®?

- Do not drive, operate heavy machinery, or do other dangerous activities until you know how INTUNIV® affects you. INTUNIV® can slow your thinking and motor skills.
- Do not drink alcohol or take other medicines that make you sleepy or dizzy while taking INTUNIV® until you talk with your doctor. INTUNIV® taken with alcohol or medicines that cause sleepiness or dizziness may make your sleepiness or dizziness worse.

What are the possible side effects of INTUNIV®?

INTUNIV® may cause serious side effects including:

- low blood pressure
- low heart rate
- fainting
- sleepiness

Get medical help right away, if you have any of the symptoms listed above.

The most common side effects of INTUNIV® include:

- sleepiness
- tiredness
- trouble sleeping
- low blood pressure
- nausea
- stomach pain
- dizziness

Tell the doctor if you have any side effect that bothers you or that does not go away.

These are not all the possible side effects of INTUNIV®. For more information, ask your doctor or pharmacist.

Call your doctor for medical advice about side effects. You may report side effects to FDA at 1-800-FDA-1088.

How should I store INTUNIV®?

- Store INTUNIV® between 59°F to 86°F (15°C to 30°C)

Keep INTUNIV® and all medicines out of the reach of children.

General Information about INTUNIV®

Medicines are sometimes prescribed for purposes other than those listed in a Patient Information Leaflet. Do not use INTUNIV® for a condition for which it was not prescribed. Do not give INTUNIV® to other people, even if they have the same symptoms that you have. It may harm them.

This leaflet summarizes the most important information about INTUNIV®. If you would like more information, talk with your doctor. You can ask your pharmacist or doctor for information about INTUNIV® that is written for health professionals.

For more information, go to **www.INTUNIV.com or call 1-800-828-2088.**

What are the ingredients in INTUNIV®?

Active ingredient: guanfacine hydrochloride

Inactive ingredients: hypromellose, methacrylic acid copolymer, lactose, povidone, crospovidone, microcrystalline cellulose, fumaric acid, and glycerol behenate. In addition, the 3-mg and 4-mg tablets also contain green pigment blend PB-1763.

Manufactured for Shire US Inc., Wayne, PA 19087.

INTUNIV® is a registered trademark of Shire LLC.
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This product is covered by US patents including 5,854,290; 6,287,599; 6,811,794.
Version: February 2011 INT-01705

Shire

There are no dumb ways to save!

Granted, some of these tricks are a tad out there. But what's really insane is the fact that 60 percent of Americans don't have emergency savings. So try what works for money experts and smarty-pants REDBOOK readers. By Farnoosh Torabi

Hey! What are you calling chump change?

GK HART/VIKKI HART/GETTY IMAGES.

1. CHARGE IT TO DISNEY

There's just no avoiding it: Kids always ask for candy in the checkout line. "Instead of caving, say, 'How about you guys wait 15 minutes until we get home for a snack, and that $3 will go in our Disney savings jar?' Works every time," says Beth Engelman of mommyonashoestring.com.

2. PAY YOURSELF EVERY TIME YOU DO LAUNDRY

Pretend your laundry room is coin-operated: Keep a can by the washer and dryer and "charge" yourself $2 (a standard laundromat fee) every time you do a load. When the can fills up with singles, bank it. If an appliance breaks unexpectedly, use this stash to help shoulder the cost.

3. MASTER THE GROCERY CHECKOUT

"At the grocery store, I organize the food on the conveyor belt at the register by price, with the most expensive items at the back. That way, I can keep an eye on the total and easily pluck the pricier stuff off if I'm nearing my budget," says Charli Penn-Watkins, 28, of Bloomfield, NJ.

4. GO BIG WHEN YOU GO GREEN

Research shows that we think twice about spending when we keep one 20- or 50-dollar bill in our wallet compared with, say, a bunch of fives and ones. So when you withdraw cash at the bank, ask for your money in large denominations. The bigger the bill, the less likely you are to break it. ➤

5. SLEEP ON IT

Institute a 24-hour wait period before purchasing anything on your "want" list. "It's amazing what a day can do to your desire level!" says REDBOOK's money expert, Beth Kobliner. "This rule has saved me thousands in what would have been regretted splurges over the years."

6. TEXT YOURSELF SAVING REMINDERS

A Dartmouth College study found that when people received a text message reminding them to save—*poof!*—they moved more money to their savings account. See if your bank has a free text-message service (many do) that can ping you updates on your account balance, or set your own alerts using your phone's calendar.

7. USE PLASTIC NOW; CASH IN LATER

Whenever possible, front friends money for group outings like meals or concert tickets. "I always offer to charge the total cost if I'm splitting it with friends," says Cris Desposito, 28, of Queens, NY. "Then I ask them to pay me back in cash, and I hide the money in my underwear drawer. It's like a secret savings account."

8. SAVE WITH EVERY FLUSH

We promise this isn't as gross as it sounds. Simply place a capped half-gallon plastic bottle, filled with water and some pebbles to weigh it down, in your toilet's water tank to save water and money. A family of four could conserve about 16 gallons of water a day—which adds up to roughly $90 off your water bill annually.

9. TIP YOURSELF FOR GREAT SELF-SERVICE

Each time you dye your hair or give yourself a manipedi, put the tip money you would've given to a stylist or manicurist in an envelope instead. "This adds up to at least $400 a year!" says Lora Sasiela, founder of financiallysmitten.com.

10. GET SKINNY WHILE YOUR WALLET GETS FAT

Cut down on the amount of meat you eat. "I got the idea from a 21-day fast my husband and I did that didn't allow it," says Calisa Telfair, 31, of Las Vegas. "I didn't realize how much I spent on meat until I didn't have to buy any for three weeks. Not only are we saving money, but I feel great!"

PRINCESS THINKS HER STUFF DOESN'T STINK.

LAMB/ALAMY.

11. KEEP THE CHANGE

Bring back the piggybank savings model—except fill it with all the dollar bills clogging up your wallet instead of coins. "Do this all year and use the money for holiday shopping," says David Bach of finishrich.com and the author of *Debt Free for Life*.

12. SPLURGE TO SAVE IN THE LONG RUN

Invest in top-quality items if they'll help you cut costs in other ways—"like a really good flat iron," says Jean Chatzky, financial editor for NBC's *Today*. "Mine saves me thousands annually in professional blow-outs." R

THANKS TO THE AMAZING LITTER SECRET THAT DESTROYS URINE AND FECES ODOR, SHE'S RIGHT.

ARM & HAMMER® DOUBLE DUTY

The only clumping litter that combines ARM & HAMMER® Baking Soda with urine AND feces odor eliminators.
Love it or your money back.

SWITCH TO ARM & HAMMER®. YOU'LL NEVER GO BACK.
Visit us at DoubleDutyLitter.com

Advertisement

TEENS OFTEN GET A BAD RAP FOR LOSING THEIR HOMEWORK, "FORGETTING" TO DO THEIR CHORES, AND LEAVING THEIR ROOMS A MESS. BUT THAT DOESN'T MEAN THEY CAN'T HANDLE SOMETHING AS IMPORTANT AS WEARING CONTACT LENSES. STUDIES SHOW THAT THEY CAN HANDLE THE RESPONSIBILITY. HERE'S WHY YOU SHOULD LET THEM GIVE IT A TRY.

SEE EYE-TO-EYE

With Your TEEN

TAKE A CLOSER LOOK AT CONTACTS FOR YOUR TEEN

THESE AREN'T YOUR MOTHER'S CONTACT LENSES.

Today, there are daily disposable lenses like ***1-DAY* ACUVUE® MOIST® Brand Contact Lenses**, which make wearing and caring for contacts a cinch—even for your teen. With a fresh, new pair of lenses every day, there's no cleaning, no hassle, and you don't have to worry about your teen taking care of them.

CONTACTS CAN GIVE YOUR TEEN A SELF-ESTEEM BOOST.

The teenage years are a time when kids start questioning themselves and feeling self-conscious about their looks. But research shows that compared to glasses, contact lenses may improve how your teen feels about his or her appearance, acceptance among friends, and ability to play sports.*

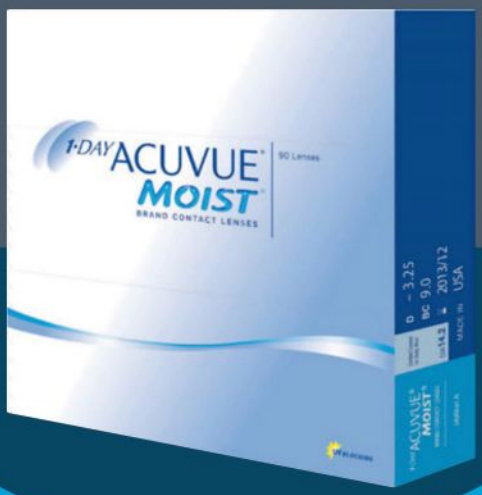
YOUR TEEN CAN HANDLE CONTACTS.

Sure, your teen might skip some chores or leave behind a messy room from time to time, but that doesn't mean contact lenses are out of the question. Show your teen that you believe in him or her by considering ***1-DAY* ACUVUE® MOIST® Brand Contact Lenses**, and instill that same "can-do" attitude you've encouraged for years. We promise you'll see eye-to-eye.

ACUVUE®
BRAND CONTACT LENSES
SEE WHAT COULD BE™

**This is according to data drawn from the three-year Adolescent and Child Health Initiative to Encourage Vision Empowerment (ACHIEVE) Study.*

Important information for contact lens wearers: ACUVUE® Brand Contact Lenses are available by prescription only for vision correction. An eye care professional will determine whether contact lenses are right for you. Although rare, serious eye problems can develop while wearing contact lenses. To help avoid these problems, follow the wear and replacement schedule and the lens care instructions provided by your eye doctor. Do not wear contact lenses if you have an eye infection, or experience eye discomfort, excessive tearing, vision changes, redness or other eye problems. If one of these conditions occurs, contact your eye doctor immediately. For more information on proper wear, care and safety, talk to your eye care professional and ask for a Patient Instruction Guide, call 1-800-843-2020 or visit Acuvue.com. ACUVUE®, SEE WHAT COULD BE™, and *1-DAY* ACUVUE® MOIST® are trademarks of Johnson & Johnson Vision Care, Inc. © Johnson & Johnson Vision Care, Inc. 2011.



WHY ASK FOR *1-DAY* ACUVUE® MOIST® BRAND CONTACT LENSES?

Comfort is key to your teen. When your teens are wearing their lenses, nothing matters more than comfortable vision. ***1-DAY* ACUVUE® MOIST® Brand Contact Lenses** give them exceptional comfort from the moment they put them in. Wear them only one day then throw them away for the most convenient way to wear contacts.

NEED MORE REASONS FOR CONSIDERING THESE CONTACTS?

- No lens care, cases, or solutions required.
- Full-time or occasional wear gives teens the freedom for an active lifestyle.
- Blocks greater than 82% UV-A and 97% UV-B.
- Helps improve the contact lens wear comfort of allergy sufferers.
- Won't get broken during soccer practice.
- They coordinate with any outfit.

Learn more about the brand most trusted by eye doctors at www.acuvue.com.

School's back: Now get organized!

Free yourself from months of lost homework, filthy backpacks, and early-morning scrambles with these 15 order-restoring tricks.

Paint a chalkboard accent wall in your kid's room where he can draw, jot down reminders, and figure out that math problem you're only half sure *you* know the answer to. *(Rust-Oleum Specialty Chalk Board Tint Base paint, $12.98; rustoleum.com for stores)*

Simplify your kids' workspace by assigning them each a different color bin so their homework doesn't get mixed up. *(Semikolon magazine boxes, $18 each; seejanework.com)*

Let 'em doodle with fabric markers. Specifically, have them write their names on backpacks, cloth binders, and pencil cases, so they don't lose their stuff. *(Crayola fabric markers, $5.79; crayolastore.com)*

For an entryway you can exit calmly:

1. Set up individual baskets for everyone in the fam, filled with their go-to items. These ones have a chalkboard label where you can write their names. *(Round seagrass basket, $39.99; target.com).*

2. "Hang pockets by the door where kids can leave permission slips and other papers," suggests parenting and education expert Michele Borba, Ed.D. *(Post-it pockets, $10 for 3; amazon.com)*

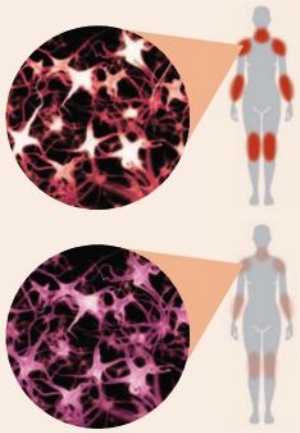
PHOTOGRAPHED BY PHILIP FRIEDMAN/STUDIO D. PROP STYLING: KENDRA SMOOT.

What's causing your chronic widespread MUSCLE pain?

The answer may be over-active NERVES.

FIBROMYALGIA is chronic widespread muscle pain **thought to be caused by over-active nerves.**

LYRICA® is **believed to calm these nerves.** It's not an anti-depressant.



Artist depiction

LYRICA® (pregabalin) Ⓒ can provide significant relief from Fibromyalgia pain.

In some patients, it works in as early as the first week of treatment. Have the Lyrica conversation with your doctor today. **Visit www.lyrica.com or call 1-888-5-LYRICA.**

LYRICA® PREGABALIN Ⓒ capsules

RELIEF can start here.

Prescription Lyrica is not for everyone. Tell your doctor right away about any serious allergic reaction that causes swelling of the face, mouth, lips, gums, tongue, throat or neck or any trouble breathing or that affects your skin. Lyrica may cause suicidal thoughts or actions in a very small number of people. Call your doctor right away if you have new or worsening depression, suicidal thoughts or actions, or unusual changes in mood or behavior. Lyrica may cause swelling of your hands, legs and feet. Some of the most common side effects of Lyrica are dizziness and sleepiness. Do not drive or work with machines until you know how Lyrica affects you. Other common side effects are blurry vision, weight gain, trouble concentrating, dry mouth, and feeling "high." Also, tell your doctor right away about muscle pain along with feeling sick and feverish, or any changes in your eyesight including blurry vision or any skin sores if you have diabetes. You may have a higher chance of swelling, hives or gaining weight if you are also taking certain diabetes or high blood pressure medicines. Do not drink alcohol while taking Lyrica. You may have more dizziness and sleepiness if you take Lyrica with alcohol, narcotic pain medicines, or medicines for anxiety. If you have had a drug or alcohol problem, you may be more likely to misuse Lyrica. Tell your doctor if you are planning to father a child. Talk with your doctor before you stop taking Lyrica or any other prescription medication.

Please see Important Risk Information for Lyrica on the following page.

To learn more visit www.lyrica.com or call toll-free 1-888-5-LYRICA (1-888-559-7422).

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.FDA.gov/medwatch or call 1-800-FDA-1088.

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IMPORTANT FACTS

LYRICA® PREGABALIN © capsules

(**LEER**-i-kah)

IMPORTANT SAFETY INFORMATION ABOUT LYRICA

LYRICA may cause serious, even life threatening, allergic reactions. Stop taking LYRICA and call your doctor right away if you have any signs of a serious allergic reaction:

- Swelling of your face, mouth, lips, gums, tongue, throat or neck
- Have any trouble breathing
- Rash, hives (raised bumps) or blisters

Like other antiepileptic drugs, LYRICA may cause suicidal thoughts or actions in a very small number of people, about 1 in 500.

Call your doctor right away if you have any symptoms, especially if they are new, worse or worry you, including:

- New or worsening depression
- Suicidal thoughts or actions
- Unusual changes in mood or behavior

Do not stop LYRICA without first talking with your doctor.

LYRICA may cause swelling of your hands, legs and feet.

This swelling can be a serious problem with people with heart problems.

LYRICA may cause dizziness or sleepiness.

Do not drive a car, work with machines, or do other dangerous things until you know how LYRICA affects you. Ask your doctor when it is okay to do these things.

ABOUT LYRICA

LYRICA is a prescription medicine used in adults 18 years and older to treat:

- Pain from damaged nerves that happens with diabetes or that follows healing of shingles
- Partial seizures when taken together with other seizure medicines
- Fibromyalgia (pain all over your body)

Who should NOT take LYRICA:

- Anyone who is allergic to anything in LYRICA

BEFORE STARTING LYRICA

Tell your doctor about all your medical conditions, including if you:

- Have had depression, mood problems or suicidal thoughts or behavior
- Have or had kidney problems or dialysis
- Have heart problems, including heart failure
- Have a bleeding problem or a low blood platelet count
- Have abused prescription medicines, street drugs or alcohol in the past
- Have ever had swelling of your face, mouth, tongue, lips, gums, neck, or throat (angioedema)
- Plan to father a child. It is not known if problems seen in animal studies can happen in humans.
- Are pregnant, plan to become pregnant or are breastfeeding. It is not known if LYRICA will harm your unborn baby. You and your doctor should decide whether you should take LYRICA or breast-feed, but not both.

Tell your doctor about all your medicines. Include over-the-counter medicines, vitamins, and herbal supplements.

LYRICA and other medicines may affect each other causing side effects. Especially tell your doctor if you take:

- Angiotensin converting enzyme (ACE) inhibitors. You may have a higher chance for swelling and hives.

BEFORE STARTING LYRICA, continued

- Avandia® (rosiglitazone)*, Avandamet® (rosiglitazone and metformin)* or Actos® (pioglitazone)** for diabetes. You may have a higher chance of weight gain or swelling of your hands or feet.
- Narcotic pain medicines (such as oxycodone), tranquilizers or medicines for anxiety (such as lorazepam). You may have a higher chance for dizziness and sleepiness.
- Any medicines that make you sleepy

POSSIBLE SIDE EFFECTS OF LYRICA

LYRICA may cause serious side effects, including:

- See "Important Safety Information About LYRICA."
- Muscle problems, pain, soreness or weakness along with feeling sick and fever
- Eyesight problems including blurry vision
- Weight gain. Weight gain may affect control of diabetes and can be serious for people with heart problems.
- Feeling "high"

If you have any of these symptoms, tell your doctor right away.

The most common side effects of LYRICA are:

- Dizziness
- Blurry vision
- Weight gain
- Sleepiness
- Trouble concentrating
- Swelling of hands and feet
- Dry mouth

If you have diabetes, you should pay extra attention to your skin while taking LYRICA and tell your doctor of any sores or skin problems.

HOW TO TAKE LYRICA

Do:

- Take LYRICA exactly as your doctor tells you. Your doctor will tell you how much to take and when to take it. Take LYRICA at the same times each day.
- Take LYRICA with or without food.

Don't:

- Drive a car or use machines if you feel dizzy or sleepy while taking LYRICA.
- Drink alcohol or use other medicines that make you sleepy while taking LYRICA.
- Change the dose or stop LYRICA suddenly. You may have headaches, nausea, diarrhea, or trouble sleeping if you stop taking LYRICA suddenly.
- Start any new medicines without first talking to your doctor.

NEED MORE INFORMATION?

- Ask your doctor or pharmacist. This is only a brief summary of important information.
- Go to **www.lyrica.com** or call **1-866-459-7422 (1-866-4LYRICA).**

Uninsured? Need help paying for Pfizer medicines? Pfizer has programs that can help. Call **1-866-706-2400** or visit www.PfizerHelpfulAnswers.com.

Pfizer helpful answers

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Version January 2010

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Rx only

Teach your family to hang. Fill a wall in your mudroom or hallway with hooks for your most-used coats, hats, and the like. Just imagine: no more piles on the floor. Crazy. *(Brainerd satin nickel garment hooks, $6.99 each, lowes.com)*

Easy mornings, *all* week. Set out five days of outfits on Sunday night so the kids can just grab the day's pile and go. *(KangaRoom Days of the Week hanging shelf, $30.99; organize.com)*

Put after-school gear here too!

Create a master calendar. Write each family member's schedule in a different color on this fun decal so it's easy to see who has what going on. *(Dry-erase calendar decal, $59; pbteen.com)*

No more "What's my combo, Mom?" calls. Where has this duh-*that*-makes-sense lock been all our lives? *(Wordlock padlock, $9.99; wordlock.com)*

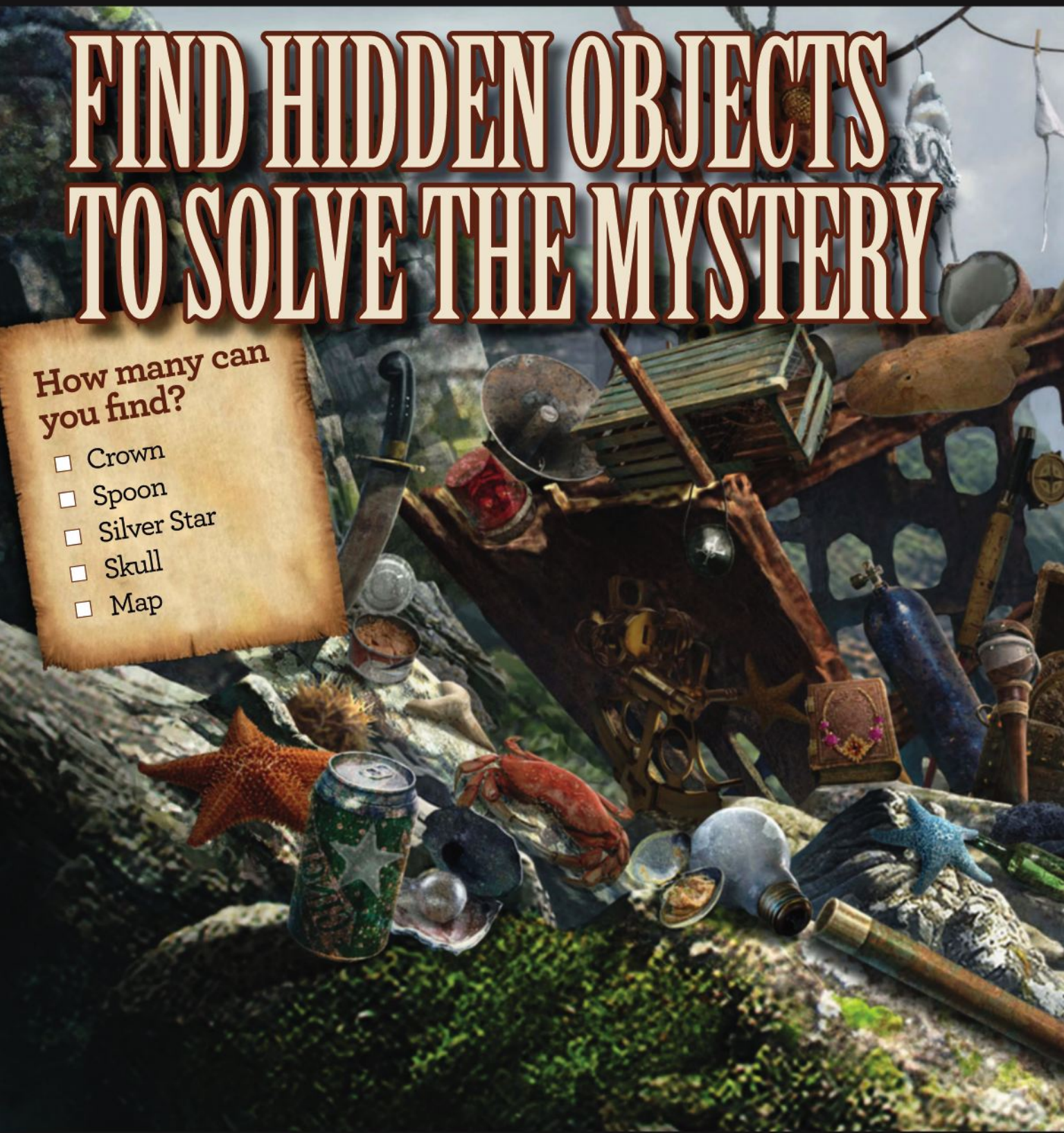
It's snack time! Pour cereal or raisins into these little guys. They're the perfect serving size, and will save you from cleaning ancient crumbs from your kids' backpacks. *(Flip-top snack cups, $5.99 each; containerstore.com)*

Stick a supercute label on it. Because, let's be frank, the lost-and-found should be called the lost-and-gone-forever. *(Labels pictured vary by design, starting at $18.88 for 48; namebubbles.com)*

AND 4 MORE SMART TIPS…

- Put your car keys on top of those packed lunchboxes in the fridge at night, ensuring that you won't leave the house without *everyone*'s food.
- A bin of socks at the door means you'll never have to go hunting for some when you're running late.
- Set a timer for 10 minutes before you need to leave, so there's fair warning that it's almost go time.
- An empty Altoids tin is a great place to stash emergency lunch money. Keep it in kids' bags so you can quit worrying if they're broke and hungry.

SNACK CUP, PADLOCK: COURTESY OF MANUFACTURERS.



Wii™

mysterycasefiles.nintendo.com

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Alcohol and Tobacco Reference

*MSRP: Manufacturer's Suggested Retail Price. Actual price may vary. See retailer for details.

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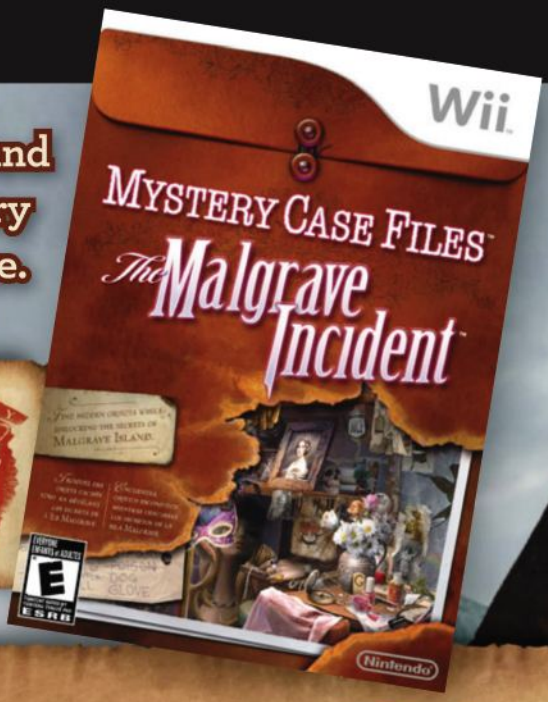
Search for hidden items and collect clues. It's a mystery the whole family can solve. Only on Wii.



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You and your family could win your own island family adventure to Atlantis, Paradise Island, Bahamas and more!

Snap a picture of this JAGTAG with your cellphone to receive a clue from Winston Malgrave and enter the sweepstakes. Or visit www.mysterycasesweeps.com.

Verizon and AT&T customers text the picture to 524824. All others text or email the picture to mystery@jagtag.com. Or scan it with a QR Code app. To download a QR Code reading application, visit www.i-nigma.mobi on your smartphone.

USE YOUR detective skills and enter the page number from one of *Redbook*'s "Notebook" promotional pages as directed to increase your chances of winning.

BE PART OF THE SOLUTION

Of course you love animals! Here are 9 easy ways to show it

Shelters are overflowing with abandoned dogs, cats, and other pets. Doing just one thing on this list could save a (little) life.

Watch out or you'll adopt all three!

1 *Adopt* a pet—and consider making your new family member a special-needs animal. Fourteen years ago, Gwen Cooper had just broken up with her fiancé and was crashing with her two cats in a friend's spare bedroom when her vet called to tell her about a three-week-old blind kitten no one wanted. "I wasn't really in a place in my life to take in another cat, but I knew that disabled pets are the last ones to be adopted and the first to be euthanized at shelters," says Gwen, 39, who adopted the adorable kitten and named him Homer. She chronicled his life—he once chased a robber out of her apartment!—in her best-selling book *Homer's Odyssey*. "I wanted to inspire people to open their homes to special-needs pets, who are just as amazing as 'normal' animals if people give them a chance," says Gwen, who donates 10 percent of her book proceeds to help abused and disabled animals. Find a special-needs pet in your area by searching petfinder.com's directory of more than 13,000 shelters.

2 *Donate* pet food to Petco's Food Bank Collection Program, which helps owners who have fallen on hard times. Find participating locations at petco.com/petcofoundation.

3 *Supply* shelters with cozy bedding for animals. Pets often sleep on the cold concrete or in cramped cages as they await adoption. Purchase a bed for as little as $35 from kuranda.com/donate, and the site will ship it to a shelter of your choice.

4 *Answer* the daily trivia question at freekibble.com and the pet food company Halo, Purely for Pets will donate 10 pieces of free kibble to one of more than 50 shelters nationwide. Since the site launched in 2008, the nonprofit has fed over 5.6 million meals to dogs and cats.

5 *Like* Petango.com at facebook.com/petango and the site will donate $1 to an animal shelter.

6 *Email* a free "adopt-a-gram" to animal-loving pals; it's a low-pressure way to remind them that they can find great pets at their local shelter. Go to the adorable website theshelterpetproject.org and click on the Boston Terrier (you'll get it when you see it!) to send one.

7 *Visit* theanimalrescuesite.com. Every time you click the "Click Here to Give—It's Free!" button, the site's sponsors will donate money to animal charities nationwide. To date, they've donated enough cash to pay for more than 404 million bowls of pet food.

8 *Volunteer* at a shelter in your neighborhood. To find one close by, enter your zip code at aspca.org/adoption/shelters. "As a cat volunteer at the ASPCA, I spend time playing with new cats when they enter the shelter and help adopters find the perfect match for their family," says Dennice Brown of New York City. "There's no greater reward than knowing I've found a home for a homeless animal who desperately needs it."

9 *Tweet* and spread the word about shelter pets that need loving homes. Log on to adopt apet.com/twitteracritter, pick an animal you want to help, then post a message for all your Twitter followers to see. You never know who you could motivate to adopt! —JIHAN THOMPSON

Shelters care for roughly 6 million pets each year, and nearly half will ultimately be put to sleep, according to The Humane Society.

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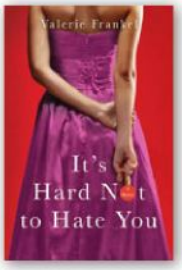
BEST BUY RadioShack Focus on driving

The key to balance: a sturdy drink tray (and good advice)

MADWOMAN WE LOVE

RAGE: IT'S *GREAT* FOR YOU

Wipe that smile off your face! Seriously, you'll feel better, says Val Frankel, author of the new memoir *It's Hard Not to Hate You*. Repressing anger was making her physically ill, so Frankel decided to get everything—ev-er-y-thing—off her chest. Here's how her new script went.



OLD SPEAK: *If I love him, I have to try to love everything about him.*
NEW SPEAK: *I hate when he does that!*
"It was a relief to realize that resenting when my husband disappears to his favorite bar to get a beer and read doesn't mean I love him any less."

OLD SPEAK: *Everything's great!*
NEW SPEAK: *Actually? Life sucks.*
"I'm not the sentimental type, so I tended not to tell friends when I needed emotional support. Now I can be vulnerable without fearing that it will end in an uncomfortable chorus of 'That's What Friends Are For.'"

OLD SPEAK: *I really am so happy for her.*
NEW SPEAK: *I'm so jealous I want to kill everyone.*
"I actually said this to people about a writer I know whose first book became a monster best seller. Admitting my jealousy led to some hilarious conversations, because everyone can relate. Laugh and the hurt goes away."

NOTE TO SELF

"If I could talk to my 20-year-old self, the first thing I would say is: Lose the perm. Secondly: **RELAX**. I thought I had to have a plan, a strategy. Turns out I just had to be ready and willing to take **CHANCES**. [Also,] don't drink Miller Lite tall boys in the morning."
—JANE LYNCH, FROM HER NEW MEMOIR, *HAPPY ACCIDENTS*

Lynch's 20-year-old self (left) *really* needed this advice.

MOMMY MIXOLOGIST

THE BLACK & BLUE MOJITO

Know how some days you feel like a crash-test mommy? Kid-related injuries I've incurred recently: stubbed toe (I tripped over the toy trains), bruised shins (my son underestimated his speed while pushing his sister's stroller), and a near concussion (I overestimated the door height of our minivan). Sip on this as you broach the subject of medical leave with your husband.

- 3 blackberries
- 10 blueberries
- 7 mint leaves
- 1 oz fresh lime juice
- 1 oz simple syrup*
- 2 oz light rum
- Club soda

Directions: In a tall glass, muddle—that's bar-speak for "crush up"—the berries and mint with the lime juice and simple syrup (use the handle of a wooden spoon). Add the rum and some crushed ice; top with a splash of club soda and stir. Garnish with mint and more berries. Feel better!

**Mix equal parts sugar and lukewarm water in a glass; stir until dissolved.*

Kim Haasarud designs cocktails for top hotels, like the Four Seasons Resort Maui. *And* she's a mom of two. Her latest recipe book is *101 Mojitos & Other Muddled Drinks*.

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Important Safety and Eligibility Information

What is FluMist® (Influenza Vaccine Live, Intranasal)?
FluMist is a vaccine that is sprayed into the nose to help protect against influenza. It can be used in children, adolescents, and adults ages 2 through 49. FluMist may not prevent influenza in everyone who gets vaccinated.

Who should not get FluMist?
You should not get FluMist if you: are allergic to eggs, gentamicin, gelatin, or arginine; have ever had a life-threatening reaction to influenza vaccinations; or are 2 through 17 years old and take aspirin or medicines containing aspirin — children or adolescents should not be given aspirin for 4 weeks after getting FluMist unless your healthcare provider tells you otherwise.

Children under 2 years old should not get FluMist because there is a chance they may wheeze (have difficulty with breathing) after getting FluMist.

Who may not be able to get FluMist?
Tell your healthcare provider if you: are currently wheezing; have a history of wheezing if under 5 years old; have had Guillain-Barré syndrome; have a weakened immune system or live with someone who has a severely weakened immune system; have problems with your heart, kidneys, or lungs; have diabetes; are pregnant or nursing; or are taking Tamiflu,® Relenza,® amantadine, or rimantadine.

They will decide if FluMist is right for you.

What are the most common side effects of FluMist?
The most common side effects of FluMist are runny or stuffy nose; sore throat; and fever over 100 degrees F.

Please see accompanying brief summary of complete Product Information on the next page.

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9292-18879 ZU

Information for Patients and Their Caregivers

FluMist® (pronounced FLEW-mĭst)
(Influenza Vaccine Live, Intranasal)

Please read this Patient Information carefully before you or your child is vaccinated with FluMist.

This is a summary of information about FluMist. It does not take the place of talking with your healthcare provider about influenza vaccination. If you have questions or would like more information, please talk with your healthcare provider.

What is FluMist?

FluMist is a vaccine that is sprayed into the nose to help protect against influenza. It can be used in children, adolescents, and adults ages 2 through 49. FluMist may not prevent influenza in everyone who gets vaccinated.

Who should not get FluMist?

You should not get FluMist if you:

- are allergic to eggs, gentamicin, gelatin, or arginine
- have ever had a life-threatening reaction to influenza vaccinations
- are 2 through 17 years old and take aspirin or medicines containing aspirin. Children or adolescents should not be given aspirin for 4 weeks after getting FluMist unless your healthcare provider tells you otherwise.

Please talk to your healthcare provider if you are not sure if the items listed above apply to you or your child.

Children under 2 years old should not get FluMist because there is a chance they may wheeze (have difficulty with breathing) after getting FluMist.

Who may not be able to get FluMist?

Tell your healthcare provider if you:

- are currently wheezing
- have a history of wheezing if under 5 years old
- have had Guillain-Barré syndrome
- have a weakened immune system or live with someone who has a severely weakened immune system
- have problems with your heart, kidneys, or lungs
- have diabetes
- are pregnant or nursing
- are taking Tamiflu®, Relenza®, amantadine, or rimantadine

If you or your child cannot take FluMist, you may still be able to get an influenza shot. Talk to your healthcare provider about this.

How is FluMist given?

- FluMist is a liquid that is sprayed into the nose.
- You can breathe normally while getting FluMist. There is no need to inhale or "sniff" it.
- People over 8 years old need one dose of FluMist each year.
- Children 2 through 8 years old may need 2 doses of FluMist if they have not been vaccinated against influenza before. Your healthcare provider will decide if your child needs to come back for a second dose.

What are the possible side effects of FluMist?

The most common side effects of FluMist are:

- runny or stuffy nose
- sore throat
- fever over 100 degrees F

Other possible side effects include:

- decreased appetite
- irritability
- tiredness
- cough
- headache
- muscle ache
- chills

Call your healthcare provider or go to the emergency department right away if you or your child experience:

- hives or a bad rash
- trouble breathing
- swelling of the face, tongue, or throat

These are not all the possible side effects of FluMist. You can ask your healthcare provider for a complete list of side effects that is available to healthcare professionals.

Call your healthcare provider for medical advice about side effects. You may report side effects to VAERS at 1-800-822-7967 or *http://vaers.hhs.gov*.

What are the ingredients in FluMist?

Active Ingredient: FluMist contains 3 influenza virus strains that are weakened (A(H1N1), A(H3N2), and B).

Inactive Ingredients: monosodium glutamate, gelatin, arginine, sucrose, dibasic potassium phosphate, monobasic potassium phosphate, and gentamicin.

FluMist does not contain preservatives.

If you would like more information, talk to your healthcare provider or visit *www.FluMist.com* or call 1-877-633-4411.

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what's new, noteworthy & now

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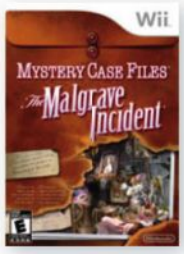

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Rerun season is over! Cue up excellent all-new TV, a knockout debut novel, and the country album you've waited all year for.

READ IT

A book to love and lend

Vanessa Diffenbaugh's novel ***The Language of Flowers*** could have been depressing—it's about a young woman who's been broken by a childhood in foster care. Or schmaltzy, considering that the heroine literally changes people's lives with her floral arrangements. Instead, the first-time novelist—and real-life foster mother—masterfully mixes sweet and tart to create a story that is devastating, yes, and hopeful, but also surprisingly, satisfyingly real.

DOWNLOAD IT

COUNTRY **STRONG**

Nashville trio **Lady Antebellum** (Charles Kelley, Dave Haywood, and Hillary Scott) cleaned up at this year's Grammys, and their latest release, *Own the Night* (out September 13), is already bringing them more good karma: The single "Just a Kiss" was inspired by Hillary's musician boyfriend, Chris Tyrell—now they're engaged!

KNOW ALL ABOUT IT

IS ANDERSON COOPER THE NEW OPRAH?

CNN's silver fox comes to daytime this month with *Anderson*, a talk show for women that promises lighter fare than his usual wartime dispatches (Lady Gaga is gunning to be a guest).

REDBOOK: Now that Oprah's off the air, people may look to you to fill her spot. Is that a lot of pressure?
AC: I'm not trying to fill anybody's shoes, and I don't think I would look good in Oprah's Manolo Blahniks anyway. All I can do is be myself and build a place where women want to come be entertained and feel connected. That's what I'm aiming for.

RB: You always seem so coolheaded. Has an interview ever made you shaky?
AC: Kathy Griffin and I do New Year's Eve together for CNN, and you never know what she's going to say. I'm a big fan of hers, but it's very cold on New Year's Eve, and I never sweat more than I do in that hour and a half.

WATCH IT

Take back the **remote**!

Fall's must-watch TV is all about the ladies, thanks to a robust lineup of female-driven shows. Our top three:

1 **UP ALL NIGHT** This hilarious comedy from *Saturday Night Live*'s Lorne Michaels perfectly captures the joy and insanity of becoming a parent. Reagan (**Christina Applegate**) is a new mom returning to work for a very non-maternal boss (Maya Rudolph); Chris (Will Arnett) is her husband turned clueless stay-at-home dad. Trust us: You've found your new lovey. Wednesdays, 8 p.m. ET, NBC

2 **NEW GIRL** **Zooey Deschanel** stars as Jess, a teacher/*Dirty Dancing* addict whose latest relationship has just gone bust. When she moves in with three single guys she's never met, they help her get over the ex, and she helps them understand what women want. And Jess's infectious personality grabs you at hello. Tuesdays, 9 p.m. ET, Fox

3 **PAN AM** Men may control the 1960s ad world over at AMC, but women rule the skies in this drama about sexy Pan Am stewardesses (back when it was okay to call them that). With a cast led by **Christina Ricci**, the show's love affairs and a CIA subplot give new meaning to the word *turbulence*. Sundays, 10 p.m. ET, ABC

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SO FUNNY, SO SEXY, SOFIA

YES, SHE'S SMOKING HOT—LET'S JUST GET THAT OUT OF THE WAY. BUT THE *SMURFS* STAR WILL ALSO CRACK YOU UP, SWAP GIRL TALK, AND CONFIDE LIKE A BEST FRIEND ABOUT SURVIVING DIVORCE AND CANCER. VIVA LA VIDA SOFIA!

"Comedy is fun," says the *Modern Family* actress. "I've never done a crazy dramatic scene, crying all day. That must be exhausting. I'm going to the set to laugh."

By Jancee Dunn Photographed by Ruven Afanador

"I WAS ALWAYS THE CLASS CLOWN, BUT I

Sofia Vergara is hurrying toward me—as fast as a woman in three-inch-plus heels can go—on a SoHo street in Manhattan. She looks 100 percent "Gloria," her character from *Modern Family*, showing off her centerfold-circa-1960 body in black leggings and an off-the-shoulder gray sweater. And when she starts talking, she's just as funny, funny, funny, like your favorite girlfriend from work who makes you laugh in meetings. "Hiiii! How are you? I'm starving!" she says, in that Colombian accent. "I can't believe I went to the gym this morning—usually I use any excuse to get out of it. What, these shoes? You like them? These are Steve Madden! Like, cheap! But *sooo* comfortable."

We duck into a Mexican restaurant, already deep in conversation. ("I love heels, I'm telling you. When I walk in flats, I get knee pain.") Sofia, 39, is bracingly honest about her twisty road to the breakout role that has won her sitcom stardom: A native of Barranquilla, Colombia, she's the daughter of a cattle industry executive and a homemaker. At 17, she was spotted on the beach and cast in a Pepsi commercial wearing a teeny-tiny bikini (she was nervous that the nuns at her Catholic school would be less than thrilled, but—lucky for her—they didn't find out until her final day of high school). She married her childhood sweetheart at 18, had a son, Manolo, at 19, and was divorced by 22. Her next step? Weirdly, it was dental school. But she dropped out to pursue the TV offers that kept coming her way. At 32 (by then a major star in Latin America), she moved to the States to work in TV, including the short-lived 2007 ABC sitcom *Knights of Prosperity*, where her crack comic timing impressed the producers of *Modern Family* so much that they wrote the part of Gloria just for her.

Since the show's 2009 debut, Sofia has earned two Emmy nominations (the 2011 awards go out this month) and her career has exploded, expanding to include movies (like this summer's *The Smurfs*), a spokesmodel contract with CoverGirl, and a fall clothing line for Kmart. She lives in Los Angeles with her boyfriend, businessman Nick Loeb, and Manolo, now 19. Between bursts of laughter (and a few F-bombs), she talks about everything from her "ridiculously huge boobs" to a recent mutual swoonfest with her favorite rock star.

REDBOOK: You know what I like about you already? You're studying that menu like it's the Bible. You're my kind of girl.

SV: [*Laughs*] I'm obsessed with food! Ooh, everything looks good. [*After much deliberation with the waiter in Spanish, she orders corn cakes with chicken.*]

RB: So tell me a little bit about *The Smurfs*. Who do you play?

SV: I play the very fashionable owner of a very big makeup company, and she teams up with Gargamel, the bad guy, to try to get ahold of the little Smurfs.

RB: And do you have a favorite Smurf?

SV: I always loved Smurfette, of course! I used to watch the cartoon in Colombia; it was the biggest TV show for kids, so even my son grew up watching the Smurfs.

RB: *You* are many people's favorite part of *Modern Family*. What do you think it is about Gloria that's made her so popular?

SV: You know what? At the beginning, I was worried. I thought, *She's a sexy woman, divorced with a kid, marrying the older guy, and she's a gold digger. How are people going to like this character?* But the writers have done such a brilliant job. There hasn't been one person who's said, "We don't believe this relationship." Also, they've allowed me to be really Latin—you know, screaming in Spanish. And I make my accent worse.

RB: Have you ever ad-libbed?

SV: Yeah! When *Modern Family* was just beginning, I'd have to tell the writers what I thought would be better for me to say. Most of them are American men, so to write for a Latin woman is not as natural for them as writing for Julie [Bowen], for example. Because they have wives like Julie, sisters like Julie, you know what I mean? But now they're so good; they're like hot Latin girls!

RB: There was a hilarious scene in the first season when you're at your TV son Manny's

HAIR: JEN ATKIN AT THE WALL GROUP. MAKEUP: KAYLEEN MCADAMS AT THE WALL GROUP. MANICURE: SUSAN NAM FOR POLISHED BEAUTY BAR AT ARTISTSBYTIMOTHYPRIANO.COM. STYLIST: DEBORAH WAKNIN AT THE WALL GROUP. SUIT: DOLCE & GABBANA. BLOUSE: ROBBI & NIKKI. HAT: MAKINS HATS. SHOES: STUART WEITZMAN. EARRINGS: EMSARU. RINGS: SUZANNE FELSEN.

NEVER THOUGHT I'D MAKE A LIVING OUT OF IT!'"

soccer game, hollering at the other parents. How much of you is in that portrayal?

SV: A lot. Every time I get a script, I think, *How would my mother or my aunt do it?* And that's Gloria.

RB: Who in the cast is similar to their character and who is totally different?

SV: I think I'm the most similar. I'm Latin, I have an accent, I have a kid from a previous marriage, and I'm Colombian. Julie is a lot like Claire; she's very into doing things perfectly. She's neurotic, in a good way. I think she and I get along so well because we're very different. They don't have to alter anything she puts on because she's superfit. Everything I try on is hours of alterations. There's no competition of any kind, which is what happens sometimes with women. Rico [Rodriguez], who plays my son, says that he's not at all like Manny, but we all think he is; he's an old soul. Eric [Stonestreet] plays a gay guy and he's not gay, so that's the most different. But the rest of us, we're very similar. Ty [Burrell] is exactly Phil.

RB: Do you crack each other up?

SV: [*Our food arrives, and Sofia digs in.*] This is so good! We laugh all the time. During last year's Halloween episode, the [producers] wanted to kill us because we kept laughing and couldn't finish the f---ing scene.

RB: Why do you think *Modern Family* has clicked with people?

SV: People are fans at any age. It's not like a vampire show that only teenagers are going to like, or Larry David's show that only a certain kind of adult will like. I'll see little 6-year-old kids with a grandfather who is 70, and they'll both say, "We want a picture with you!"

RB: Why do Gloria and Jay work?

SV: I think it's because they're perfect for each other in this time of their lives. He gives her everything she didn't have with her ex-husband: stability, money, help with the kid. And how fantastic for him to have this loving young woman who is also entertaining? Guys at that time of their life, that's what they want. You know? It's true. They all wish they had a Gloria [*laughs*].

RB: Do you get the older-guy appeal?

SV: I never did. I've never gone out with a guy who is older than me by more than a couple years. Usually it's my age, a little bit older, or even a little bit younger. But not a 15- or 20-year difference.

4 WAYS *ANY* WOMAN CAN FEEL SEXY

From someone we totally trust on the subject.

1 **SLIP INTO SOME HIGH HEELS.** "They change the way the body moves," says Sofia. "They change the length of the leg. It's like a little immediate plastic surgery; immediate liposuction!"

2 **INVEST IN A BRA WARDROBE.** "I'm always in search of the perfect one. I'll find one, wear it for a long time, and they'll discontinue it. It's the story of my life! I usually go for black and nude, but I think a cute set of animal prints is always a nice surprise."

3 **THROW ON SOME CRAZY JEWELRY.** "I never leave the house without earrings; I like big, bold ones. They distract from any imperfections! [*Laughs*] I'm also starting to wear more necklaces. I never thought they'd look good on me because of the boobs, but I wear ones that go down to my belly—and that works."

4 **ALWAYS ORDER DESSERT.** "The best dates include a great dinner. I like sushi or Italian, and I'll order something light. But dessert is definitely part of a sexy menu. I'll eat healthy everywhere else, but I won't let go of dessert!"

To win pieces from Sofia's new Kmart line, turn to page 14.

Sofia, her son, Manolo (middle), and boyfriend, Nick Loeb.

"MY BOYFRIEND WANTS TO HAVE KIDS, AND I DON'T EVEN WANT TO THINK ABOUT IT."

RB: Your son, Manolo, is turning 20. What's your best advice for raising a boy?
SV: With girls, you can be on top of them more, but guys, they need their space or they start pulling back. All men are like that.
RB: What were some of the positives about being a young mother?
SV: When I had Manolo, I was 19, and I had the energy for everything. My boyfriend now wants to have kids, and I don't even want to think about it. I would have to get into that mind-set again, the waking up early. And Latin people are so attached to family, so it's not like you can really say, "Oh, it's college time—go." I do think it was fantastic to have a kid young. My friends now are all panicking if they haven't found somebody to have kids with. It was never like that for me because I already had the kid!
RB: What were some of the not-so-great things about being a young mom?
SV: It's a big responsibility; you can't go out much at night. Instead of buying a pair of shoes, you have to buy diapers. When you have a kid, you have to be more mature.
RB: You and Manolo's dad divorced when you were 21. Do you have any advice for anyone who has been through a divorce?
SV: I think that sometimes divorce is a wiser choice. I think it's much worse for a kid to see parents who hate each other.
RB: Manolo's leaving for film school this fall. How are you feeling?
SV: It's horrible. But the best thing I did was send him to boarding school this year. I learned to be detached.
RB: Is it true he teases you about your strong accent?
SV: He humiliates me! He doesn't understand how my accent can get worse and worse. He says, "It's not normal. Nobody does that." So when I got nominated for the Emmy [in 2010] I called him and said, "Right in your face! Even with my accent!"
RB: You were just nominated again, along with all the other adult cast members on the show. How crazy is that?
SV: It is amazing. Last year I thought I just got lucky, but this year it is really sinking in. We all have so much fun shooting the show that the nomination is just an extra gift.
RB: You were diagnosed with thyroid cancer years ago. Is it something you feel comfortable talking about?
SV: I don't mind. I'm free of cancer now. It was very hard because I was very young. Just that word is horrible.
RB: How old were you?
SV: 28, 29. Very young. I think it's always a positive thing when you beat it, because it changes your priorities. So there can be good things that come from [the experience].
RB: When did you learn you were funny?
SV: I was always the class clown, but I never thought I would make a living out of it. My family is really funny. Like, my aunts are ridiculously funny, my uncles. I just filmed a commercial for Kmart for my clothing line with eight women from my family. And it was ridiculous—the photographer couldn't stop laughing, the makeup artist couldn't stop laughing. With this commercial I wanted to show that the clothes fit every woman—that you don't have to look like me to look great in them.
RB: When you were a kid and you got curves, you weren't happy with them. When did you start accepting your body?
SV: The thing is, I've had these ridiculously huge boobs since I was superyoung. Like, 13. I was really skinny at that time, so it was weird to have those f---ing boobs and be skinny. It was hideous. Then after I had my kid, I got hips and everything started to come together.
RB: Any regrets that you didn't finish dental school?
SV: All the time. What I really wanted to be was a doctor. I love medicine. Everybody calls me all the time—"I have this condition, what do I do?" But you have to study for 10 years. I knew I couldn't do that, so I went for the best next thing, which was dentistry.
RB: How does your boyfriend feel about your nickname, "Sofia Viagra"?
SV: He loves it. Well, he doesn't love it, but he laughs.
RB: Would you get married again?
SV: If I wanted to have another baby, I would definitely get married. If not, I don't really think it's something major because I was already married.
RB: Have you ever heard that someone's a fan of yours and thought, *No way!*
SV: When I was going to film [the upcoming movie] *New Year's Eve* with Jon Bon Jovi—I mean, in Colombia, he is the biggest thing. I grew up being in love with him. So when I saw him, I was like, "*Oh, my God*, it's Bon Jovi!" But when he saw me, he was like, 'Oh, my God, it's Gloria!" It's just insane.
RB: Does it get annoying to be the poster girl for curvy women?
SV: It's fantastic, because I'm almost 40 years old and they still f---ing put me on these lists of beautiful women! How can I even be in a list with girls who are 15 years younger than me? People are crazy. My son, Manolo, laughs at that too.
RB: Does he really?
SV: To him, I'm an ordinary mom, going, [*whines*] "Manolo, I'm cold, turn down the air conditioning, I'm exhausted, I cannot go out, let's rest." To him, I'm an old woman. It's hilarious! ®

LEFT: TOM VICKERS/SPLASH NEWS. RIGHT: DRESS: DAVID MEISTER. EARRINGS: CHOPARD.

BEAUTY HINT: Want to pair smoky eyes with deep lips, like Sofia does? Choose a rich, reddish-brown lipstick to keep the look sophisticated. Try Smoky ShadowBlast in Bronze Fire and Queen Collection Lipcolor in Tawny Port by CoverGirl.

"THEY PUT ME ON THESE LISTS OF BEAUTIFUL WOMEN! MY SON LAUGHS AT THAT. TO HIM, I'M AN ORDINARY MOM."

5 minute

A little coffee, a little nuzzle, and he'll be heels over head happy.

marriage makeovers

These quick, no-sweat strategies will smooth out the bumps, bring the sexy back, and, ultimately, make your love last. They're too easy *not* to do. By Colleen Oakley

It turns out that love is in the details: "We know from marriage and divorce research that it's the everyday things—having fun, connecting, and showing you care—that make or break a marriage," says Debra Castaldo, Ph.D., author of *Gifts of Love*. We heard the same from other experts, real couples, and even one of America's greatest living poets. So we worked up this list of 17 fast little somethings that'll help you and your guy go all gaga for each other again.

SHARE STORY TIME. "My husband and I used to take turns giving a bath and reading books to our daughter at bedtime," says Alisa Bowman, author of *Project Happily Ever After*. "But one night, my husband crawled into bed and listened while I read to her. It was a very sweet moment to have us all lounging there together, and now we do it regularly. It only takes a few minutes to read a bedtime story, but I always feel closer to him when it's over." If you're not in the reading-with-kids phase, read novels aloud to each other. Especially the *good* parts.

Open a bottle of wine. A study published in the *Personality and Social Psychology Bulletin* in 2010 found that couples who drink together report feeling closer and having fewer relationship troubles than people who imbibe alone or don't drink at all. But don't turn into a Tennessee Williams play: The best effects were seen when couples had one to three drinks and sipped similar amounts.

WASH THE CAR, pull the garbage to the curb, or handle whatever chore *he* always takes care of. It'll help you appreciate what he does for both of you. "Since I took on some of the bill paying, my husband is calmer and our marriage is less stressful," says Jennifer Lee, 45, a life coach in Winter Springs, FL. "A tiny thing made a huge difference."

STEPHANIE RAUSSER/TRUNKARCHIVE.COM.

HAVE A QUICK BITCHFEST

(just not about each other). "It's very detrimental to a relationship to pretend you're always doing great," says Brian Grossman, Ph.D., a relationship expert and author of *Learning to Listen: Did You Hear What I Think I Said?* So vent about whatever's bugging you: your job, your mom, this morning's rude barista. "You'll immediately feel closer. And don't feel pressured to come up with solutions; this exercise is more about sharing your feelings with each other."

Read this poem. It's romantic, a little whimsical, and a little surreal. Now doesn't that sound like marriage?

LITANY

You are the bread and the knife,
the crystal goblet and the wine.
You are the dew on the morning grass
and the burning wheel of the sun.
You are the white apron of the baker,
and the marsh birds suddenly in flight.

However, you are not the wind in the orchard,
the plums on the counter,
or the house of cards.
And you are certainly not the pine-scented air.
There is just no way that you are the pine-scented air.

It is possible that you are the fish under the bridge,
maybe even the pigeon on the general's head,
but you are not even close
to being the field of cornflowers at dusk.

And a quick look in the mirror will show
that you are neither the boots in the corner
nor the boat asleep in its boathouse.

It might interest you to know,
speaking of the plentiful imagery of the world,
that I am the sound of rain on the roof.

I also happen to be the shooting star,
the evening paper blowing down an alley
and the basket of chestnuts on the kitchen table.

I am also the moon in the trees
and the blind woman's teacup.
But don't worry; I'm not the bread and the knife.

You are still the bread and the knife.
You will always be the bread and the knife,
not to mention the crystal goblet and—somehow—the wine.

—BILLY COLLINS

Brag about your better half. And do it when you're both right there. "When my husband and I are out with other people, talking about marriage or parenting or work—anything, really—I love to say what a great dad and friend he is to me and our daughter," says Linnet Overton, 31, from Nashville. "Sure, he blushes up a storm, but I know it makes him feel good to know he's appreciated. And when he publicly compliments me, it reminds me that I'm loved and valued."

Bring him his morning coffee, just the way he likes it. A small, sweet gesture can go a long way toward making him feel loved—and makes him happy to reciprocate.

Share a sexy dream in full detail. "Our brains are the biggest factor in making us feel turned on," says sex therapist Ian Kerner, Ph.D., author of *She Comes First*. "After you've had sex with someone a thousand times, it's the mental stuff that keeps things hot."

You never realized the sex appeal of a sink full of dishes, did you?

BREAK OUT THE FANCY CHINA.

You know, the stuff from your registry that you only dust off at the holidays. Set the table with it, even if you're just grilling burgers, and light a candle or two. You'll instantly add meaning to an ordinary night. "Right after my husband and I got married, I got a job in another city and we relocated. It was a stressful period, transitioning into a new place," says Jaime McMurtrie, 31, of Atlanta. "When we finally moved into our home, we broke out our nice wedding china, which was in storage and had never been used, and cooked dinner together. It made the meal feel so special and gave us a chance to reflect on all the huge changes in our life. It was the start of a great, really sweet tradition."

NOEL HENDRICKSON/GETTY IMAGES. "LITANY," ©2002 BY BILLY COLLINS, FROM *NINE HORSES* BY BILLY COLLINS. USED BY PERMISSION OF RANDOM HOUSE, INC.

Hey, whatever gets you all steamed up.

Make a toast. "I'm constantly traveling for work, and one time I had back-to-back trips and hadn't seen my husband for weeks," says Monica Pedersen, 40, host of HGTV's *Dream Home* and *Bang for Your Buck*. "We were catching up on the sofa in our living room. I raised my wine glass and made a heartfelt toast to him, letting him know that there was no place I would rather be than with him and how grateful I was for his constant encouragement and support. Now it's a tradition on our date nights."

Get in the shower with him. It doesn't matter how jam-packed your days are: Any couple can grab five minutes of absolutely alone, soaking-wet face-to-face time (be it sexy or just warm and sudsy) first thing in the morning or last thing at night.

ASK FOR WHAT YOU WANT, ALREADY.

Had a rough day at work and badly need a hug? Don't just stand there; tell him. "Early in our marriage, a therapist suggested that my husband and I tell each other exactly what makes us feel loved," says Lori Jo Vest, 48, from Troy, MI. "My list included little things like him washing the bath towels, kissing me good-bye every day, and warming up my car on cold mornings. Nine years later, he still does those things, because he wants to make me happy—and knows exactly how to do it."

Act like teenagers and have a semipublic makeout session. Remember how thrilling it was in high school? It's even better now.

Get some distance. If you come home in a terrible mood, take five. Sit on the deck or go grab the mail—so you don't pick at your hubby when you don't really mean to.

GO TO BED AT THE SAME TIME—EVEN IF YOU DON'T STAY THERE.

"When we first got married, I was a night owl, and my husband, Mike, had to get up early for his job," says Melody Brooke, 54, from Richardson, TX. "Our mismatched schedules made us feel really disconnected from each other. So we started a habit that we've kept up to this day, 12 years later. When one of us goes to bed, the other one climbs in too for a quick cuddle. Even if Mike or I get up afterward, it's a way to always connect after a long day."

Dance to your wedding song. "A few weeks ago, I was in the kitchen with my husband and 9-month-old son, chopping onions and listening to the radio. Out of nowhere, our wedding song started playing: Chuck Berry's 'You Never Can Tell,'" says Jessica Bliss, 30, from Nashville. "I grabbed our son, spinning him in circles and singing. My husband laughed and joined in. Having our little man with us was a reminder of how much happiness we have enjoyed since our first dance."

ASK HIM AN OUT-THERE QUESTION.

"Relationships get stale when we think we know everything about each other, so genuine curiosity is the biggest turn-on there is," says Karen Kimsey-House, coauthor of *Co-Active Coaching*. "I love being surprised when my husband gives me an unexpected answer." Here are a few of her favorites—what will your guy say?

- What's your favorite outfit of mine and why?
- What's something that you have never told anyone else—including me?
- If you could be beamed to any place in the universe right now, where would you go?

STEPHANIE RAUSSER/TRUNKARCHIVE.COM.

TAKE A STYLE RISK!

C'mon—you can do this: Start with classics, then mix them up in fun, new-for-fall ways. Actress Leslie Mann shows off the chic rewards.

Pairing a spiffy menswear-style fedora with a sparkly LBD is slightly madcap and all kinds of gorgeous. Hat, Block Headwear, $50. Dress, Tracy Reese, $748.

AT RIGHT Are you really going to wear pink lip gloss your whole life? Red lipstick is so flattering (and cheerifying), especially if it has a vibrant pinkish undertone. Try Ultra Color Rich Lipstick in Red 2000 by Avon. Top, Trina Turk, $228.

HAIR: DAVID BABAII FOR COUTURE COLOUR/TRACEYMATTINGLY.COM. MAKEUP: PATI DUBROFF FOR CLARINS AT THE WALL GROUP. MANICURE: TOM BACHIK FOR CHANEL/CLOUTIER REMIX. PROP STYLIST: RON ZAKHAR/RONZAKHAR.COM.

Photographed by Diego Uchitel

Introduce a boyish chambray top to a feminine pleated skirt and the results are quite romantic (ah, young love). Shirt, A.P.C., $180. Necklaces, Misaki, $355 (left), $469 (right). Skirt, Tucker, $598.

WE LOVE LESLIE!

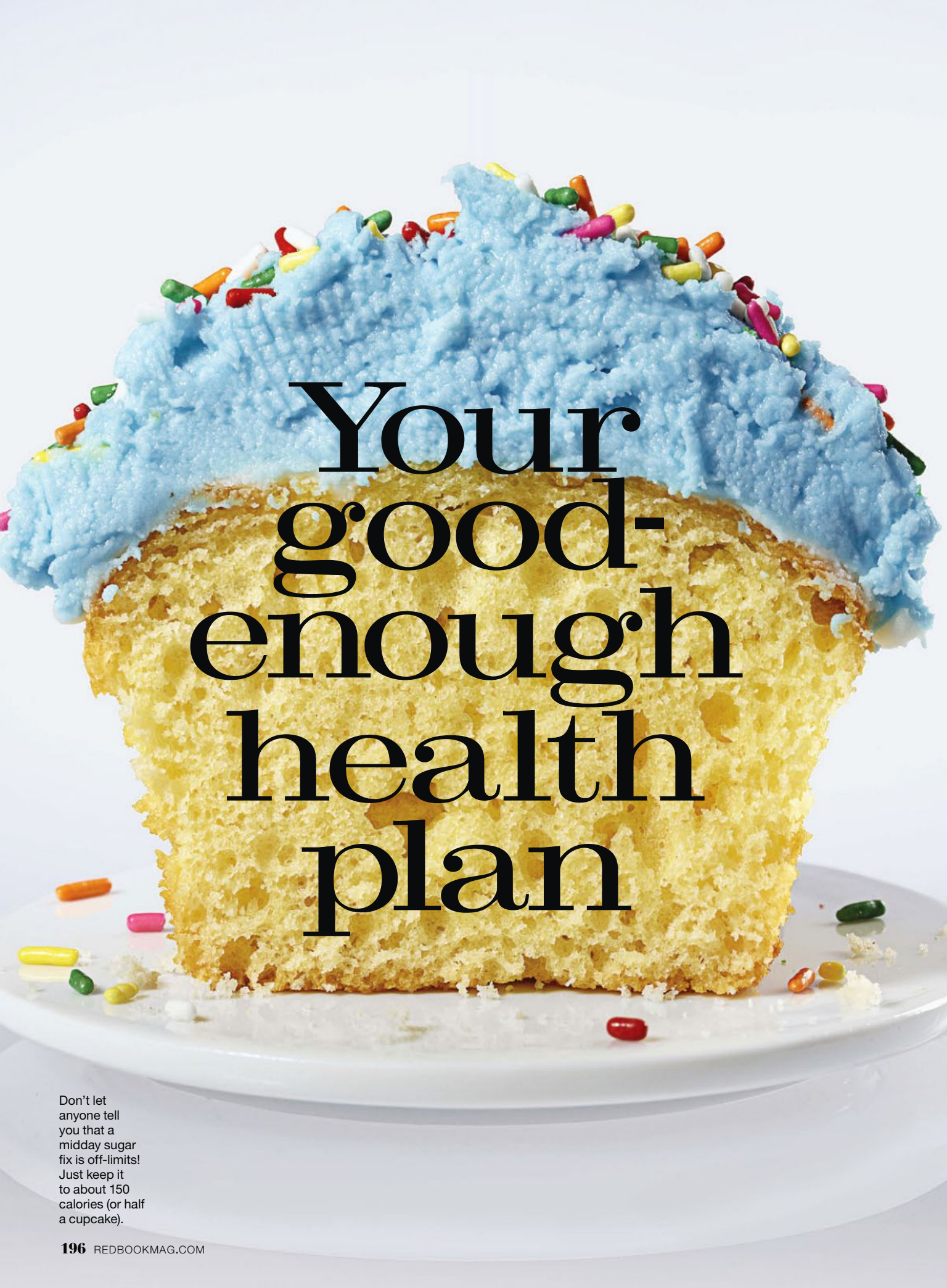
The Aha! moment of Leslie Mann's career happened when she was beginning her audition for yet another serious role and the producers burst out laughing at her Minnie Mouse–like voice. "That's when I realized there was something off about me—that what I thought I sounded like wasn't what everyone else heard," she remembers. So she decided to play it silly, stealing scenes in funny stuff like *The Cable Guy* and *George of the Jungle*. But she's been happiest since goofing around became a family affair. Her 14-year marriage to comedy king Judd Apatow has produced some of her most hilarious performances (her drunken scene with Steve Carell in *The 40-Year-Old Virgin* still has us in tears) and allowed her to goof around onscreen with her daughters, Maude, 13, and Iris, 8, who played her kids in *Knocked Up* and its upcoming spin-off (with our Manifesto guy, Paul Rudd, on page 128!). "There's a lot of extreme emotion in our family," says the San Francisco native. "We're either cracking up or bawling. It's never boring in our house!" And thus she wasn't thrown by the kookiness of her latest film, *The Change-Up*. "Jason Bateman plays my husband, but Ryan Reynolds switches into Jason's body. So Jason is in Ryan's body, but Ryan kisses me, but it's really my husband kissing me, but it's actually Ryan." She takes a deep breath, then admits, "All I know is I couldn't go wrong either way!" —LORI BERGER

Two classics with very different vibes—the sailor tee and the maxi-skirt—add up to one seriously glam, paint-the-town-red outfit. Top, Petit Bateau, $78. Ring, M.C.L. by Matthew Campbell Laurenza, $380. Skirt, Rag & Bone, $395. **BEAUTY HINT** To smooth frizz and boost shine on naturally wavy hair, try Garnier Fructis Style Wonder Waves Wave-Enhancing Spray.

"Tough floral" sounds like an oxymoron, right? Not when it's a rich, moody pattern paired with badass accessories. Dress, H&M, $70. Earrings, Misaki, $189. Belt, WILL Leather Goods, $140. Ring, CC Skye, $195.

AT RIGHT Lighten up a bouclé jacket by matching it with jeans and motorcycle boots: instant cred at the country club *and* the biker bar! Jacket, Yoana Baraschi, $435. Tank, Qi Cashmere, $80. Necklace, Double Happiness Jewelry, $180. Jeans, Levi's $78. Boots, Frye, $348.
BEAUTY HINT The grown-up way to get in on fall's metallic nails trend is a muted pewter polish like OPI Nail Lacquer in Lucerne-tainly Look Marvelous.

Fashion editor: Audrey Slater.
See shopping guide, last pages, for details.



Your good-enough health plan

Don't let anyone tell you that a midday sugar fix is off-limits! Just keep it to about 150 calories (or half a cupcake).

THE CUPCAKE-LOVER'S, EXERCISE-AVOIDER'S, STRESSER-OUTER'S GUIDE TO STAYING WELL—AND HAVING A LIFE. BY NICOLE YORIO

Why is this health story unlike the others you've read lately? Because instead of telling you all the scary reasons you have to do more, more, *more* to stay well, our experts are going to tell you just how little you can get away with. "Obsessing over being healthy can make you less likely to stick with good habits," says Susan Love, M.D., author of *Live a Little!* "It can leave a busy person so defeated that you adopt a 'screw it all' mentality." Any woman who's ever gone on a strict diet only to find herself raiding the raw cookie dough at midnight can confirm that theory. Use this guide to make things easy on yourself, so you'll actually make good-for-you changes that stick!

CUPCAKE: PHOTOGRAPHED BY PHILIP FRIEDMAN/STUDIO D. STYLIST: STEPHANIE HANES. SPRINKLES: PHOTOGRAPHED BY DEVON JARVIS/STUDIO D.

YOU'LL BE AHEAD OF THE CURVE IF YOU EAT AT

THE IDEAL: You'd always pass on the office cupcakes and anything else made with refined sugar.
THE GOOD-ENOUGH PLAN: Have one small sweet a day.
Yes, it's true that sugar is empty calories—and increased consumption has been linked to the current obesity and diabetes epidemics in this country. But you can still have some! A woman with a generally healthy diet is actually fine with getting about 10 percent of her calories from added sugar, says registered dietitian Janis Jibrin, coauthor of *The Life You Want*. "That translates to about 45 grams for the average woman, or about 150 to 200 calories per day," she explains. Desserts count, as do sneakier sources of sugar such as fruit-flavored yogurts, sweetened cereals, and ketchup. You can spend your daily allowance all at once on half a cupcake for Sally Whoever's birthday, or spread your 200 sugar calories throughout the day: jam on your toast at breakfast, a packet of sugar in your coffee, a handful of Hershey's Kisses, and an after-dinner Popsicle with the kids.

THE IDEAL: You'd sleep for eight hours every night.
THE GOOD-ENOUGH PLAN: Get by with six or seven.
For some of us, the idea of logging eight straight seems virtually impossible. Luckily, *you* may not need that much: "The average person requires anywhere from six to nine hours of sleep," says clinical psychologist and sleep expert Michael Breus, M.D., author of *The Sleep Doctor's Diet Plan*. The key is finding the amount that works for your brain and body. "You need more than you're getting right now if you conk out in less than five minutes at night, hit the snooze button regularly, or feel like you can't get through an afternoon without caffeine or an energy drink." Otherwise, the amount of rest you're getting is probably fine. Just do your best not to string together two or more late nights in a row so you don't build up a sleep deficit. "If you know you'll be out late on a Monday, catch up on your rest on Tuesday by going to bed a half hour earlier or waking up a half hour later to get your body back on track," says Breus.

THE IDEAL: You'd buy certified organic *everything*.
THE GOOD-ENOUGH PLAN: Splurge on a few of the most important organic grocery items.
"Shopping the organic aisle can cost as much as three times more than conventionally grown foods," says registered dietitian Elizabeth Somer, author of *Eat Your Way to Happiness*. So go organic for just these 12 "dirtiest" fruits and vegetables: celery, peaches, strawberries, apples, domestic blueberries, imported nectarines, bell peppers, spinach, lettuce, kale/collard greens, potatoes, and imported grapes. That alone will lower your intake of potentially dangerous pesticides by nearly 80 percent, according to the Environmental Working Group. One other place you may want to seriously consider organic is the dairy department, says Madelyn Fernstrom, Ph.D., author of *The Real You Diet*. "What shows up in conventional milk is reflective of what the cows have been fed—which in general includes extra antibiotics and hormones," she says. It's not clear what the possible effects of consuming these growth hormones may be, but researchers do know that trace amounts of antibiotics from dairy may make prescription antibiotics like

How bad is your health vice?

We all have one (or two or three) habits we know aren't great for us. How do yours measure up?

GUZZLING SODA: Tufts University researchers found that women who regularly drink three or more regular or diet colas a week have lower bone-mineral density than those who sip less, because the caffeine and phosphoric acid in soda may interfere with calcium absorption and bone strength. Aim for no more than 12 ounces a day, says Madelyn Fernstrom, Ph.D. And go for diet if you can; sugary sodas have been linked to diabetes.

SOCIAL SMOKING: This is one vice you really must quit, experts say. Canadian research shows that having just one cigarette can temporarily make arteries 25 percent stiffer—which may increase the risk of heart problems. And you already know that tobacco smoke can cause DNA changes that lead to cancer and lung disease.

HAVING A GLASS OR TWO OF WINE EVERY SINGLE NIGHT: According to the U.S. Department of Health and Human Services, women should sip no more than one drink in a single day. But it's best to have even a little less than that: Women who averaged one drink a day had an increased risk of certain types of breast cancer compared to nondrinkers, according to a recent large study in the *Journal of the National Cancer Institute*.

WATCHING A TON OF TV: Television itself really isn't bad for you, says Nancy Snyderman, M.D. It's the bag of chips you mindlessly plow through during *Housewives* marathons that does the damage, research has shown. Pour yourself a single portion before you tune in.

LEAST ONE VEGGIE OR FRUIT AT EVERY MEAL.

penicillin less effective. (In addition, antibiotic use in farming can give rise to antibiotic-resistant bacteria.) Luckily, many supermarkets offer store-brand organic dairy products with lower prices—so you can save money for more important things, like decidedly non-organic manicures.

THE IDEAL: You'd carefully manage your stress with regular meditation and yoga.
THE GOOD-ENOUGH PLAN: Take a few deep breaths when life gets crazy.
A couple minutes of deep breathing is enough to squash run-of-the-mill anxiety when it creeps up, says Fred Luskin, Ph.D., a psychologist at Stanford University. Inhale deeply and slowly through your nose, filling your belly with air, then exhale slowly through your mouth. Repeat for about 60 seconds. "Deep breathing activates your parasympathetic nervous system, which basically turns off stress hormones," says Luskin. Putting your worrisome thoughts on paper also helps: Research has shown that people who journal tend to be happier and less depressed than those who don't.

THE IDEAL: You'd work out for an hour most days of the week.
THE GOOD-ENOUGH PLAN: Squeeze in 30 minutes of some activity every day.
A regular exercise routine can help reduce your risk of just about *everything*. And to reap the benefits, you'll only need to rack up two hours and 30 minutes of activity per week. Notice we didn't say *exercise*? "This isn't about setting foot in a gym, but if that's your thing, more power to you," says Pamela Peeke, M.D., author of *Body for Life for Women*. "Think about activity as a piggy bank. Ten minutes here and five minutes there go toward that 30-minutes-a-day goal." An intense game of Wii bowling counts, and so does tossing a Frisbee around in the backyard. A 10-minute walk after each meal or a 15-minute stroll with your dog before and after work will do it for you, too. "Simply getting up and moving around—whether it's from your desk at work during the day or while watching TV—immediately kicks your metabolism into gear," she says.

THE IDEAL: You'd never, ever miss a checkup.
THE GOOD-ENOUGH PLAN: See your doc every year—or three.
Looking for an excuse not to go to the doctor? Here it is: There are no recommendations for how often women should get (formerly known as "annual") physicals, according to the American Academy of Family Physicians. If you're under age 50, are at a healthy weight, don't smoke, and see a dermatologist for occasional skin checks, you can get by with just an annual visit to your ob/gyn, Susan Love, M.D., says. But let her know that you are using her as your primary care doctor, and ask her to test your cholesterol every five years and blood pressure at every visit. Some women can get away with ob/gyn visits even less often than that—every three years if they're over 30, have had three normal Pap tests in a row, and test negative for HPV (the virus that causes cervical cancer). There are a few times over the years when you *will* need to see doctors more often: At age 40, to talk about how often you need mammograms and to set up a baseline vision and hearing screening, and at age 50, to discuss bone density and colon cancer screenings.

THE IDEAL: You'd always eat healthy—never any fast food or junk.
THE GOOD-ENOUGH PLAN: Eat a fruit or vegetable at each meal.
"You'll be ahead of the curve if you just make sure to include at least one veggie or fruit at every meal," Fernstrom says. It's something you can truly accomplish anywhere. At McDonald's or other fast-food joints, order a side salad, baked potato, or apple dippers instead of fries. Better yet, redefine your idea of fast food: Pick up a rotisserie chicken, a bag of salad, and 90-second microwavable brown rice and you'll have a well-balanced meal that's ready in less than five minutes. (On crazy days, try to rack up a few servings at one meal—a big salad or a vegetable-based soup can pack three servings of veggies per bowl—and don't worry so much about the rest of the day.) People who eat more fruits and vegetables may have reduced risk of stroke, heart disease, and certain cancers, and tend to weigh less than those who subsist on say, burgers and fries, according to the Centers for Disease Control and Prevention in Atlanta. So adding those easy servings at each meal is worth it. ®

He doesn't know he's your fitness trainer—just that he's gotta get outside and pee!

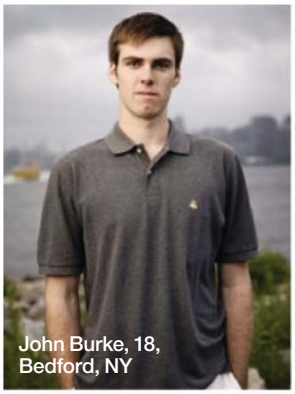
MLORENZPHOTOGRAPHY/GETTY IMAGES.

The children of 9/11:
A legacy of hope

FROM LEFT: Brook Peters, Marie Clyne, Hope Buzzelli, Malik Maynard, Adeli Block, Marouane Oueslati, Dianna Baker, Tyler Manning, John Burke, Christian McHugh, Michael E. McHugh III, Anthony Sayegh, Connor McHugh, Eman Abdelhadi, Julia Coombs

These awe-inspiring young people are living tributes to the thousands we lost on that tragic day 10 years ago. And they're proof that our future can be better than the past.

As told to Melanie Abrahams and Jessica Press Photographed by Art Streiber

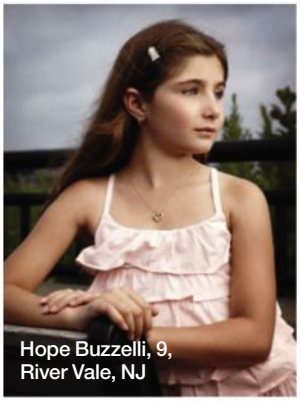

John Burke, 18, Bedford, NY

"I NEVER WANT OTHER GRIEVING KIDS TO FEEL ALONE." When my mom first suggested that my brother and I go to America's Camp, a one-week camp in Massachusetts set up for kids who'd lost a parent or sibling on September 11, it sounded depressing. My dad died working in Tower One of the World Trade Center when I was 8, and I worried that the camp would be all about death. But it turned out to be a place where I met my best friends—other guys who know how it feels to wake up as an 8-year-old asking yourself: *Why me? Why my dad?* It was a place where I was given the opportunity to move on from my loss, and it's become the one week out of 52 that I look forward to most every year. This summer is my ninth year at camp, but this time I'm a counselor. It's my chance to help other kids see that they're not alone in their grief. I've always said that I don't want 9/11 to define me, but America's Camp helped me realize it can define me not by my loss, but by how I've grown from it. —JOHN BURKE

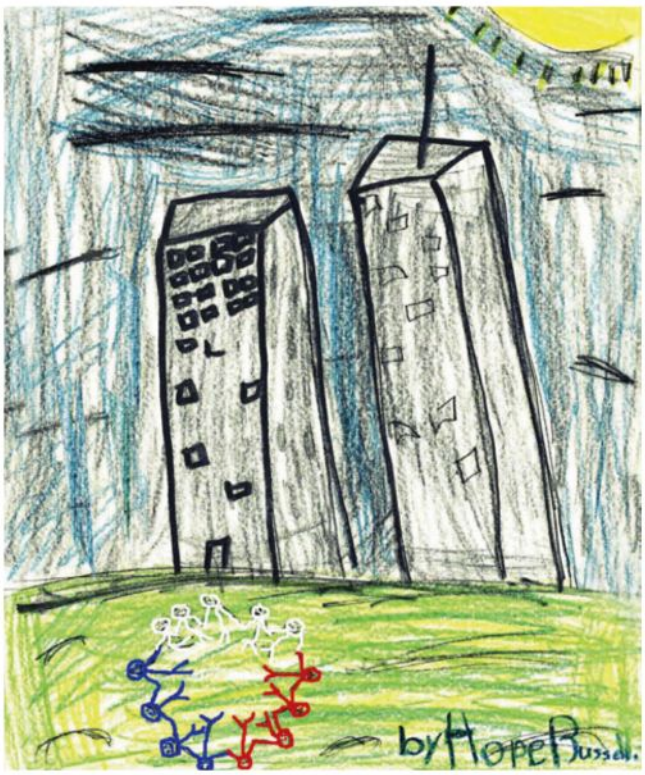
"MY UNCLE WAS A HERO; I WANT TO BE LIKE HIM." People say that when they look at me, they see my uncle, Brooklyn firefighter Keithroy Maynard, because we have the same eyes. I see it sometimes too—like when I wore one of his old uniforms to my graduation from the Fire Department of New York High School for Fire and Life Safety this spring. He died while helping people at the World Trade Center, and I wear his FDNY T-shirts under my clothes sometimes to feel closer to him and remind me of my goals. Even though his death tore a hole in my heart, it also made me more focused: He's the reason I first signed up for the FDNY Explorers, a program where I not only learned how to put out fires but also did hundreds of hours of community service. Now I'm training to be an emergency medical technician.

My uncle was a hero like so many firefighters that day, and I wish he could see me now as I carry on his legacy. If he could have been there when I got my diploma, I know he would've looked into my eyes, the ones so much like his, and told me, "Welcome to the FDNY family." —MALIK MAYNARD

Malik Maynard, 18, Brooklyn, NY

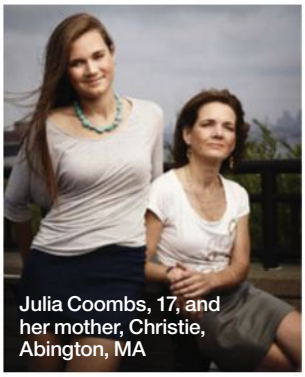

Hope Buzzelli, 9, River Vale, NJ

"I KNOW I'M SO LUCKY TO STILL HAVE MY DAD." I love my mom and my little sister, Mia, but I feel especially glad to have my dad here with me. I wasn't born yet, but I know my dad was working in the twin towers on September 11. He was trying to get out down the stairs when the building crashed down and he fell 22 floors. Firefighters found him and got him home to my mom so he could be there when I was born two months later. He's the best dad. When my mom's out of town, he gives us pancakes and ice cream for breakfast! I don't know what it would be like not having him here, but I know a lot of kids weren't as lucky. We haven't learned about 9/11 in school, so I shared my dad's story with my classmates last January to help them understand what happened. We should all remember the people who suffered. If I could change the world, I'd take everybody who does bad things to others and I'd make them understand that they should stop, because the world should only have peace. —HOPE BUZZELLI



Hope's drawing of the twin towers, with a group of united children below, will be on the cover of her father's memoir, *We All Fall Down*.

COURTESY OF HOPE BUZZELLI.

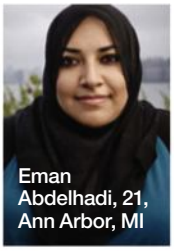


Julia Coombs, 17, and her mother, Christie, Abington, MA

"MY DAD WAS ON ONE OF THE HIJACKED PLANES." I remember 9/11 like it was yesterday. I was in second grade and on my way to gym class when I was called to the principal's office to go home early. I was so upset—I *loved* gym. When I got home, my mom gathered my brother, my sister, and me. With tears streaming down her face, she told us that our dad had died on American Airlines Flight 11, the first plane to hit the World Trade Center.

My dad and I had been so close: Almost every Sunday we'd go out for breakfast, just the two of us. I was the only one of my siblings who liked hiking the way he did, and we used to climb a trail near our house together. When I was 6, I picked out matching hiking shirts for us—they were pretty goofy, but my dad always wore his with pride.

About two years after he died, I took one of his coffee-stained sweatshirts, filled it with stuffing, and my mom and I sewed the neck, waist, and wrists shut. I called it a "daddy hug pillow," and I squeezed it when I missed him. Now I focus on keeping his memory alive through the foundation my family started to help people in need because of a death or illness in their family. We want to pay forward all of the love we got from people in those early years. The truth is, I miss my dad just as much as I did 10 years ago, but I know he'd be so proud of the work I'm doing in his name. —JULIA COOMBS



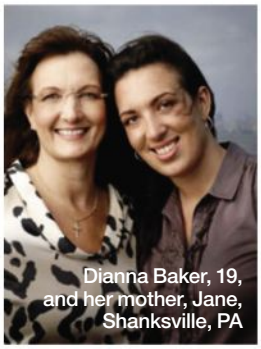
Eman Abdelhadi, 21, Ann Arbor, MI

"AFTER 9/11, I WAS STEREOTYPED." I couldn't wait to wear it. Just like my classmates who stole their older sisters' lip gloss, I longed for the maturity and coolness I imagined would come with wearing the hijab, a traditional Muslim head scarf. I put it on with pride in 1998 even though I was only 9 and Muslim scripture doesn't require it until girls reach adolescence. My classmates were fascinated by it and even helped me catch it when it blew off my head one windy day on the playground.

Who could imagine how that sense of sweet intrigue would change just days after September 11? There was the boy who asked if I was going to be one of Osama's wives. Another called me a "rag head," a racial epithet I'd never heard and had to look up online. Once when I was walking to the mall with a Muslim friend, a boy threw rocks at her.

I felt so sad about 9/11—but also rejected and betrayed by other students. From then on, I was determined to help spread a positive image of Islam. Now I'm president of the Muslim Student Association at the University of Michigan, and I team up with other campus religious groups to host events, like our "A Walk in My Shoes" program, which matches Muslim students with non-Muslims to shadow each other. Islamophobic feelings still exist, but people seem to understand more that you can be proudly Muslim *and* American. That's what I am. —EMAN ABDELHADI

"FLIGHT 93 WENT DOWN RIGHT NEXT TO MY SCHOOL." I was in fourth grade and had just come back from art class to find my teacher watching CNN, images of the World Trade Center in New York City flashing on the screen. Then, the building of my school in Shanksville, PA, shook so violently that some of the ceiling tiles fell to the floor. Through the windows, we saw a plume of black smoke rising above the tree line. "Everything's okay," our teacher assured us. "If there's one place that's safe, it's Shanksville. This must be a coincidence." But after my mom rushed to pick me up, we sat glued to the TV at home and learned that it *was* part of a bigger tragedy. Flight 93 had crashed just miles from my school.



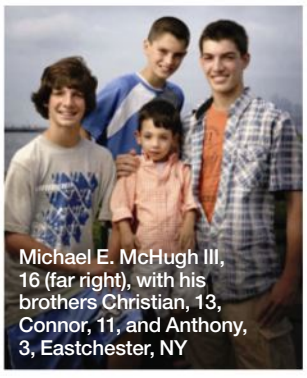
Dianna Baker, 19, and her mother, Jane, Shanksville, PA

Suddenly, our safe little middle-of-nowhere town was flipped upside down. The rescue workers came; the reporters came; the FBI came. And for me, a switch inside my 9-year-old head went off. I didn't have the words for it yet, but I was suddenly deeply patriotic. I started helping out with fire department fund-raisers, collecting supplies for rescue workers. And in the 10 years since, I've devoted myself to organizing blood drives, sending care packages to our troops, speaking to tourists and schoolkids about my experience. I was even named my town's Fire Queen—something that sounds silly to anyone who's not from here but was my chance to regularly help the fire department. Now I'm planning to go to law school and focus on constitutional law, and pursue a career in public policy so I can protect the rights that make this country so great. Contrary to the news reports that drive many of us here crazy, Flight 93 did not just go down in "western Pennsylvania" or "in a rural area outside Pittsburgh." It happened in Shanksville—and it changed us forever. —DIANNA BAKER

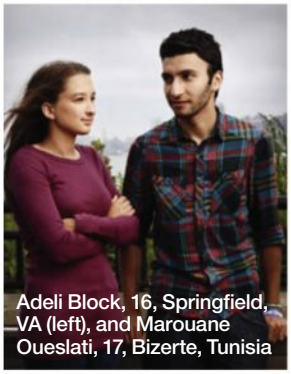
"AFTER DAD DIED, I TRIED TO BE A ROLE MODEL TO MY LITTLE BROTHERS."

I don't have many memories of my dad, who died in one of the World Trade Center towers when I was 6 years old. But the one thing I do remember vividly is playing kickball with him in our backyard the summer before 9/11. After the attacks, playing sports was one of the hardest things for me to do—I remember seeing other fathers coaching my Little League teams, and it made me upset that *my* dad couldn't be there. I rarely talked about my feelings; instead, I tried to set an example for my two younger brothers, who were then just 3 and 1.

When my mom started dating Tony, who's now our stepfather, I liked how happy he made her. But things got scary after they were married and my mom went into premature labor with Anthony. She had to be in the hospital for weeks—and I worried that I might lose her too. Anthony's a healthy little boy and the relief that he and my mom were okay made me bond with him immediately. I'm glad that he'll get to make memories with his dad that I didn't have time to. I know it's hard for kids to see their mom or dad remarry after losing a parent, but I've realized that my mom will always love my dad, just as much as I still do. —MICHAEL E. MCHUGH III



Michael E. McHugh III, 16 (far right), with his brothers Christian, 13, Connor, 11, and Anthony, 3, Eastchester, NY



Adeli Block, 16, Springfield, VA (left), and Marouane Oueslati, 17, Bizerte, Tunisia

"IT'S SO IMPORTANT TO LEARN EACH OTHER'S CULTURES."

High schoolers Marouane Oueslati and Adeli Block met through the Kennedy-Lugar Youth Exchange and Study Program, which was established by the State Department after 9/11 to help foster a better relationship between Muslims and Americans. Marouane is from Tunisia but spent last spring living with Adeli's family while studying at the Robert E. Lee high school in Virginia, just outside Washington, D.C.

When I heard about this exchange program from my mom, I couldn't *believe* that I'd get the chance to come to America. I had never left Tunisia, and my father was worried that, as an Arab Muslim, I wouldn't fit in. When I arrived, I didn't expect to see so much diversity here—while I was the only Tunisian at my new school, I wasn't the only Muslim, and I never felt marginalized.

I want to share my experience with my family and friends back home and tell them that not all Americans are against Arabs or Islam. I did get some crazy questions from classmates, like, "Does your dad have four wives?" But these stereotypes gave me a chance to explain what Islam is all about. I still have to finish my last two years of high school in Tunisia, but I'm definitely applying to colleges in the United States, because it's an amazing place where you can study whatever you want and follow your dreams. —MAROUANE OUESLATI

My family has hosted exchange students for years now. When Marouane came to live with us, some mean kids would ask me, "How's it living with a terrorist in your house?" I realized a lot of people are so closed-minded, but with Marouane's help, I think we got our classmates to be more accepting of other cultures, because once they met him, they realized he's a teenager just like us. I plan to major in Middle Eastern studies in college, and while Marouane was here, he helped me practice Arabic. After college, I want to join the Peace Corps and work in Arabic-speaking countries, continuing to create a better relationship between Muslims and Americans. —ADELI BLOCK

"I WISH I WAS THE ONE WHO GOT OSAMA, MOM."

Lauren Manning, author of the new book Unmeasured Strength, *was gravely injured in the World Trade Center attacks. We asked her to share how her battle to live shaped her son Tyler's life:*

On the morning of 9/11, I was entering Tower One right as the building was hit—and I was engulfed in a wall of fire that had been ignited by gallons of burning jet fuel. As I fled the building in flames, I prayed not to be taken away from my son, Tyler, then only 10 months old. I spent over six months in the hospital fighting burns that covered

Lauren Manning and Tyler Manning, 10, New York City

80 percent of my body, and still continue regular rehab.

We like to think that kids' nightmares are limited to imaginary monsters lurking in the closet, but Tyler grew up knowing that real bad guys exist. I'll never forget the night we heard the news that Osama bin Laden had been killed. Tyler looked up at me and said, "I wish I was the one who got him for you, Mom." Despite everything we've been through, he's grown into such a wonderful, happy boy, but he's very protective of me, and always asks if he can help me with things. He's very self-assured for his age, but I know that it's been tough for him at times. When you grow up like he's had to, you're forced to quickly learn a lot about real life—and what it means to love your family.

"MY MOM WAS LISTED AS 'SAFE'—BUT SHE WASN'T."

When my sixth-grade teacher asked me to go to the school's main office on 9/11 to meet my dad, I knew something was wrong the minute I saw his face. He said, "The tower your mom works in was hit by a plane." It all seemed unreal, and we just went home and hoped for good news. Later that day, we got an email from her company with a "safe list"—a list of people that had been seen alive by someone after the attacks. My mom's name, Susan Clyne, was on it! We still didn't know where she was, but we were so relieved—until we found out the next day it was a mistake. She was gone. To move past our grief, my dad, my three brothers, and I started going to classes put on by Tuesday's Children, a charity that helps families affected by 9/11. The activities weren't focused around our loss; instead they helped us look forward to our futures and brighter possibilities. I'm now an intern there, and I gather feedback on our events from families. It feels good to give back to an organization that helped my family so much. And I'm in college studying to be a psychologist so I can guide other people through tough times, like the therapist who helped me. —MARIE CLYNE

Marie Clyne, 21, Lindenhurst, NY

"MY MOM AND I HAD TO RUN FOR OUR LIVES."

For many years after 9/11, I bottled up my feelings about that day. About having to be evacuated from my kindergarten class just four blocks from the World Trade Center. About watching people jump to their deaths from the burning towers. My mom picked me up from school just as the second tower was hit, and she literally ran for our lives with me over her shoulder as smoke and glass came down the street like a tidal wave behind us. Afterward, I talked to grief counselors supplied by my school and went to so many funerals with my mom.

Brook Peters, 14, and his mother, Michelle, New York City

As time went on, I shut out my feelings, assuming no one could really understand the confusion I felt. Then, about three years ago, after working with a children's filmmaking group, I decided to make my own short documentary, *The Second Day* (thesecondday film.com), to find out how kids like me coped with the attacks. I interviewed students who'd been there, teachers who evacuated more than 5,600 students, and heroic firefighters. I submitted my movie to the Tribeca Film Festival in New York City in 2010, and they showed it this spring.

I never expected the film to take off like it did: Schools in Vietnam, Australia, Japan, and China have all asked to see it. But the most meaningful feedback has been from my peers. One of the teen students I interviewed told me he'd *never* talked about 9/11—not even with his parents—and that being a part of it lifted a huge weight off his chest. I know it's hard for people to think about that day, but if you don't remember it, you can't move on from it either. I hope my film fills in the gaps for kids my age and younger, and shows them that people really do have the power and resilience within themselves to overcome anything. —BROOK PETERS

HOW TO TEACH YOUR CHILDREN ABOUT 9/11

We asked Pat Carney—a veteran elementary school teacher at P.S. 234, a public school three blocks from the site of the World Trade Center—how she tackles this tough topic with her students.

Hands down, the hardest question I get asked, year after year, when the subject of 9/11 comes up is, *Can it happen again?* I still answer the same way I did back in 2001: honestly. I never lied to my students then, whether I had to explain why we weren't allowed back to our ash-covered school for five months or why recess had moved indoors because the air quality was too poor. With each passing year, 9/11 is just another part of history, and my students still want to know about it.

Pat Carney

This year, I'll approach the 10th anniversary the same way I talk about any controversial or scary subject with my students, like the killing of Osama bin Laden:

I START WITH A QUESTION. "Does anyone know what today is and why it's important?" is something I ask to gauge how much my students "get" versus how much is over their heads. I allow the children to drive the discussion and intervene only for clarification or correction.

I AVOID GOING INTO GRAPHIC DETAIL ABOUT THE DEATH AND DESTRUCTION. Instead, we talk about memorials and why we have them. We talk about generosity—how, in 2001, other schools shared their classrooms with us, and how children in Japan sent our school 11,000 delicate paper cranes, symbolizing peace, that hang outside of the school's library.

FINALLY, I TELL THEM THE TRUTH. I acknowledge that an attack could happen again, but explain that our government and police officers know *so* much more now and are better able to do everything they can to protect all of us. That comment can shift the conversation away from death, and kids start sharing what they know about how their communities are working to make them safer. That's exactly what we want: more discussion to help them feel as secure as possible.

Rebuilding continues at One World Trade Center and the National September 11 Memorial site.

CARNEY: COURTESY OF SUBJECT. SITE: GETTY IMAGES.

PHOTOGRAPHED BY DEBI TRELOAR.

Designer tips

Designers Fitzhugh Karol and Lyndsay Caleo created a sleek-but-homey, multitasking living space for their Brooklyn, NY, apartment (featured in the book *Decorate* by Holly Becker and Joanna Copestick). "We wanted to bring the relaxed feel of the country here to the city," explains Karol. Their ideas are easy to steal: 1 Instead of sanding and staining, simply cover up damaged wood flooring with three coats of Benjamin Moore white deck paint. It'll add brightness, too! 2 Sneak in a "guest room" with a lofted bed, or turn other unused space into a reading nook. 3 Don't shy away from heights: Shelves that go up to the ceiling make the room look bigger—and let you display pretty plates and books. 4 Avoid going all matchy-matchy with your countertops. Here, gray stone counters look beautiful with an island that's topped with a wooden butcher block. 5 Installing a foot rail lets your kitchen island double as a bar. Cheers to that!

1 Dream Room,

Okay, you may have to ban finger paint. And jam. But this stunningly

17 Real Ideas

beautiful kitchen-meets-living-space feels *well* worth it. No?

Dream Room

Bring the feel of the outdoors inside with **grass-green** accents and mod **wooden pieces** that stand out *just* enough.

6 **Outdoor light fixtures** are sleek, unexpected, and—amazingly—inexpensive. Nuvo Lighting 76/622 industrial-style large wall-mount lamp, $35.99; amazon.com. 7 **Set this supercute lamp** on the counter for a soft glow. Flight table lamp, $138; lightsup.info for stores. 8 **A dining table** with a slightly rough-hewn look brilliantly balances the sleekness of an all-white room. Darjeeling dining table, $899; cb2.com. 9 **Lush pillows** liven up your sofa. Top: Rosette EcoArt organic throw pillow, $68; verdelifestyles.com. Bottom: Larch Squares pillow, $48; unisonhome.com. 10 **Place white vases** and ceramic extras on wooden surfaces for a pretty dose of contrast. Tamara vase, $59; homedecorators.com. 11 **This fun, bright pot** will have your other cookware seeing green. Le Creuset 8-quart stockpot, $80; cookware.lecreuset.com. 12 **A swanky little sculpture** makes your coffee table instantly cooler, and sums up the modern vibe of this space. Balance table sculpture, $98; chiasso.com. 13 **The MDF top on this table** looks like slate (minus the price tag) and won't show water rings. You are hereby relieved of your coaster-police duties! Tyne cocktail table, $379; roomandboard.com. 14 **Swap your couch** for a gorgeous daybed—just add extra pillows. Balinese daybed and cushion, $1,299; potterybarn.com. 15 **A metal footrest** on this streamlined stool means kids won't slide all over. Perch counter stool, $225; pearlriver.com. 16 **This modern chair** is stylish *and* easy to wipe clean. Panton Style S chair, $125; ezmodfurniture.com. 17 **These votives** cast a lacy pattern on your walls, perfect for a dinner party—or after the kids go to bed. Set of 2 Season hurricanes, $28; notneutral.com.

LAMP: PHOTOGRAPHED BY CHRISTOPHER COPPOLA/STUDIO D. ALL OTHER STILLS: COURTESY OF MANUFACTURERS (13).

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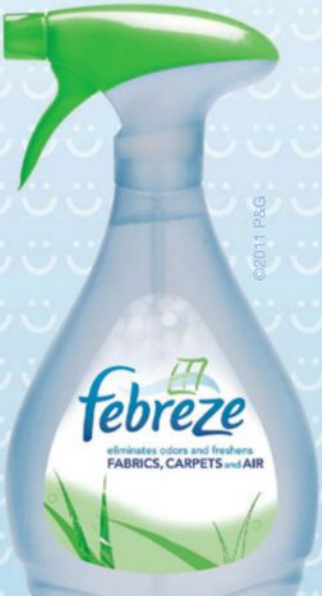
a febreze experiment:

how to breathe happy

and make a car freshener out of anything.

1. Grab a fabric item that stinks, like your old sneaks.
2. Spray it with new and improved Febreze Fabric Refresher with up to 2X the odor elimination.
3. Hang it off your rearview.*
4. Breathe happy and enjoy those admiring your sweet new air freshener.



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for more fun breathe happy experiments, go to **facebook.com/febreze**

*__Just kidding__: Hanging objects from rearview mirror may obstruct driver's view. Do not attempt.

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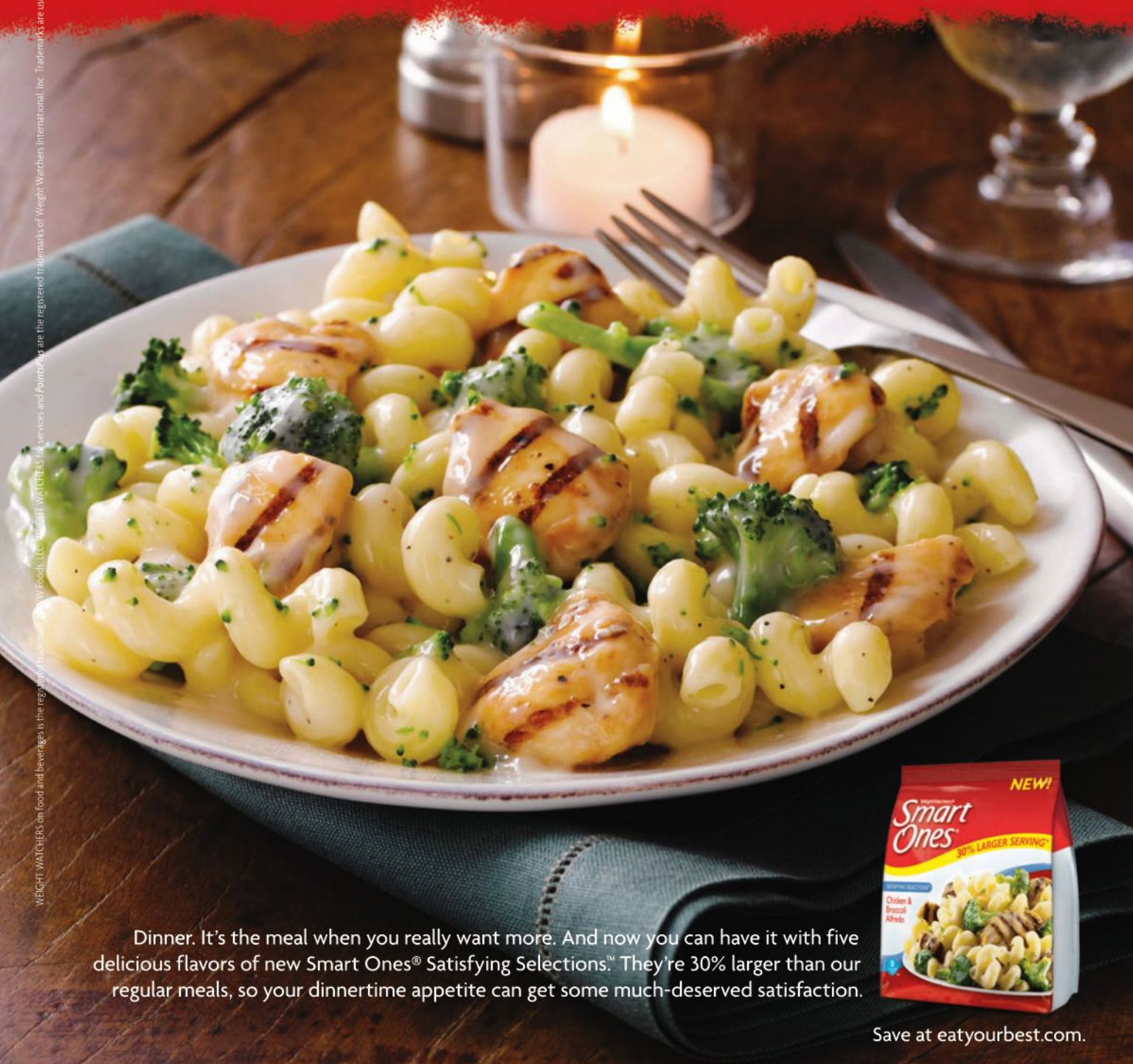

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GOOD TO EAT

EASY, **HEALTHY** FOOD **EVERYONE** WILL LOVE

PETER CASSIDY

Thank God—**new** dinner ideas!

After a summer of burgers and dogs, it's time for a change. These meals are fresher, faster, and even yummier. Plus: Celebrate corn season. ● The smartest drive-through orders. ● What the *Pioneer Woman* eats when she leaves the ranch.

(from previous page)

Gremolada swordfish skewers

Prep time: 20 minutes
Cooking time: 10 minutes

- 4 lemons
- 1/2 cup finely chopped parsley
- 2 tsp finely minced garlic
- 3/4 tsp kosher salt
- 1/4 tsp freshly ground black pepper
- 1 1/2 lb skinless swordfish fillet (1 inch thick), cut into 24 pieces
- 2 Tbsp extra-virgin olive oil, plus extra for drizzling
- 1/2 tsp hot red pepper flakes

1. Heat a gas or charcoal grill with a medium-hot fire, or heat a stovetop grill pan over medium.
2. Zest and juice one of the lemons to get 2 tsp zest and 3 Tbsp juice; reserve. Cut remaining 3 lemons into thin slices.
3. To make gremolada, toss lemon zest, parsley, garlic, 1/4 tsp of the salt, and pepper in a small bowl with a fork until combined.
4. In a large bowl, toss swordfish pieces with reserved lemon juice, olive oil, red pepper flakes, and remaining salt. Alternately thread 4 lemon slices and 3 swordfish chunks onto each of eight 10-inch metal skewers.
5. Grill skewers 8 to 10 minutes, flipping halfway through, or until fish is cooked through. To serve, place 2 skewers on each plate and sprinkle with gremolada. Drizzle with olive oil.

Side idea: a simple arugula salad.

Makes 4 servings. Each serving: 262 cal, 13 g fat, 32 g protein, 3 g carb.

PETER CASSIDY

Herbed quinoa tabbouli

Prep time: 15 minutes
Cooking time: 15 minutes

- 2 large carrots, peeled, coarsely grated (2 cups)
- 6 scallions, thinly sliced (1/2 cup)
- 2 Tbsp *each* fresh lemon juice and orange juice
- 1/2 tsp kosher salt
- 1/4 tsp freshly ground black pepper
- 1 1/2 cups prewashed quinoa
- 2 cups vegetable stock
- 2 Tbsp extra-virgin olive oil
- 8 oz part-skim mozzarella cheese, cut into 1/2-inch cubes
- 8 fresh or jarred peppadew peppers (or cherry peppers), drained, roughly chopped
- 1/4 cup *each* chopped fresh cilantro, mint, and parsley

1. Combine grated carrots and scallions in a bowl; add lemon juice, orange juice, salt, and pepper. Set aside.
2. Stir quinoa in a heavy medium saucepan over medium-high heat 1 to 2 minutes to lightly toast; add stock and bring mixture to a boil, stirring frequently. Reduce heat to low, then cover and cook 10 to 12 minutes or until the grains have absorbed the stock. Transfer to a wide serving bowl and drizzle with olive oil.
3. Spoon the carrot mixture with fruit juices over quinoa. Add remaining ingredients and gently toss to combine.

Makes 4 servings. Each serving: 502 cal, 21 g fat, 25 g protein, 55 g carb.

HOW
NATURAL
IS YOUR NATURAL?
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Bacon-wrapped scallops with lemon-herb dressing

Prep time: 20 minutes
Cooking time: 6 minutes

- 6 Tbsp olive oil
- 3 Tbsp finely chopped basil leaves
- 1 clove garlic, crushed
- 1 tsp grated lemon zest
- 2 Tbsp lemon juice
- 1 tsp fresh rosemary leaves
- 1 small red fresh chile, seeded, chopped
- 5-6 thin slices bacon, pancetta, or prosciutto
- 16 large fresh sea scallops

1. Soak 16 wooden or bamboo toothpicks in cold water for 5 minutes. Meanwhile, in a blender or food processor, pulse oil, basil, garlic, lemon zest, lemon juice, rosemary, and chile until smooth. Pour dressing into a glass measuring cup.
2. Cut each bacon slice lengthwise into 2 or 3 pieces. Wrap a strip of bacon around each scallop and secure with a toothpick. Transfer scallops to a plate and brush them with half of the dressing (about 1/4 cup).
3. Spray a stovetop nonstick griddle or 2 large nonstick skillets with olive oil cooking spray and heat over medium-high heat. Cook scallops on sides, so bacon touches pan, about 4 to 6 minutes, turning until bacon is lightly charred and scallops are cooked through. Place scallops on a platter and drizzle with remaining dressing.

Makes 4 servings. Each serving: 322 cal, 26 g fat, 18 g protein, 4 g carb.

Penne with blue cheese, tomatoes, and spinach

Prep time: 10 minutes
Cooking time: 20 minutes

- 1 Tbsp *each* olive oil and unsalted butter
- 2 leeks (white and light green parts), halved lengthwise, well rinsed, and thinly sliced crosswise (2 cups)
- 12 oz penne pasta
- 3/4 cup crème fraîche
- 1 Tbsp grainy Dijon mustard
- 1/2 tsp black pepper
- 5 oz creamy blue cheese, cut into pieces (1 cup)
- 1 pint cherry tomatoes, halved (2 cups)
- 4 cups loosely packed baby spinach

1. Bring a large pot of lightly salted water to a boil for the pasta.
2. In a large, deep skillet, heat oil and butter until butter melts. Stir in leeks and cover; cook over low heat 10 minutes, stirring once or twice, until softened.
3. Cook pasta in boiling water according to package directions.
4. Stir crème fraîche, mustard, and pepper into leeks until blended, then stir in 3/4 cup of the blue cheese until melted. Remove from heat; stir in tomatoes.
5. Drain pasta, reserving 1/3 cup of the cooking water. Stir pasta into sauce, adding cooking water so the sauce coats the pasta. Stir in spinach until it wilts. Transfer to a serving bowl. Top with remaining blue cheese.

Makes 4 servings. Each serving: 711 cal, 35 g fat, 23 g protein, 79 g carb.

FROM TOP: LAURA EDWARDS, PETER CASSIDY

1 serving = ½ cup fruit. Each 4-oz cup of DOLE Mandarin Oranges in 100% fruit juice provides ½ cup fruit toward the 2 cups per day recommended in MyPyramid and the US Dietary Guidelines. Please visit kraftfoods.com and MyPyramid.gov for more information. DOLE is a registered trademark of Dole Food Company, Inc. © 2011 KRAFT Foods

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PETER CASSIDY

Lamb chops with chickpeas and Swiss chard

Prep time: 10 minutes
Cooking time: 15 minutes

- 12 rib lamb chops (¾ inch thick), trimmed of excess fat (1½ lb)
- 1 tsp kosher salt
- ½ tsp freshly ground black pepper
- 2 Tbsp olive oil
- ¾ lb Swiss chard, stems discarded, leaves torn into bite-size pieces
- 1 (15½-oz) can chickpeas, rinsed, drained
- 1 roasted red pepper from a jar, sliced
- 1 tsp minced garlic
- 3 Tbsp chopped fresh oregano or parsley
- 1 tsp grated lemon zest
- 2 Tbsp lemon juice

1. Season lamb chops with half of the salt and pepper. Heat oil in a large nonstick skillet over medium-high heat. Add half of the chops and cook 2 to 3 minutes per side for medium doneness. Transfer to a plate and loosely cover with foil while cooking remaining chops. Add to plate and cover with foil.
2. Discard all but 1½ Tbsp fat from skillet. Add Swiss chard and sauté 1 minute until wilted. Add chickpeas, red pepper, garlic, and oregano and continue to sauté 2 minutes. Remove from heat; stir in lemon zest, lemon juice, and remaining salt and pepper.
3. Spoon the chickpea mixture onto plates and top each with 3 lamb chops.

Makes 4 servings. Each serving: 456 cal, 30 g fat, 30 g protein, 15 g carb.

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Sweet Talk

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- Simply thaw and slice **Sara Lee®** Pound Cake into ½-inch slices and brush with melted butter.
- Top each slice with chocolate chips and mini marshmallows.
- Add another slice of **Sara Lee®** Pound Cake to form sandwich.
- Toast on the grill for about 3 minutes per side.

For more great recipes, ideas and tips, visit us online at SaraLeeDesserts.com and Facebook.com/SaraLeeDesserts.

Sara Lee® (and the tips here) make any summer gathering easy:

1 **Custom Ice Cream Sandwiches.** Place softened ice cream between two ½-inch slices of thawed **Sara Lee®** Pound Cake and enjoy!

2 **Easy Individual Pies.** Top a ½-inch slice of thawed **Sara Lee®** Pound Cake with warm apple or cherry pie filling, a scoop of vanilla ice cream and a dollop of whipped cream.

3 **Take a Dip.** Cube **Sara Lee®** Pound Cake and melt chocolate for an any-night-of-the-week romantic fondue.

4 **Labor Day Treat.** Cube **Sara Lee®** Pound Cake, skewer with chunks of pineapple and sliced peaches, then grill.

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take note

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FILL CAN WITH
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OF LIGHT BEER

STIR PITCHER & SERVE!
Makes 9 delicious drinks.

Grilled chicken with arugula pesto

Prep time: 10 minutes
Cooking time: 12 minutes

Roasted tomatoes
- 1 lb cherry or Campari tomatoes on the vine
- ¼ tsp *each* kosher salt and black pepper

Chicken
- 4 (5-oz) boneless, skinless chicken-breast halves
- ¼ tsp *each* kosher salt and black pepper

Arugula pesto
- 2 cups baby arugula
- 1 cup fresh basil leaves
- ½ cup grated fresh Parmesan cheese
- ⅓ cup pine nuts
- ⅓ cup olive oil
- ¼ cup water
- ½ tsp kosher salt

1. Heat oven to 450°F. Heat a stovetop grill pan over medium heat.
2. Roasted tomatoes: Place tomatoes on a baking sheet lined with parchment paper or foil; lightly coat with olive oil cooking spray and season with salt and pepper. Roast tomatoes 10 to 12 minutes or until lightly charred and softened.
3. Chicken: Meanwhile, lightly coat chicken breasts with cooking spray and season with salt and pepper. Grill 4 minutes per side or until just cooked through. Remove to a plate; loosely cover with foil and let rest.
4. Arugula pesto: Put pesto ingredients in a food processor and pulse until smooth (makes 1¼ cups). Place chicken on plates and drizzle each with 2 Tbsp pesto. Serve with roasted tomatoes. Store remaining pesto in the refrigerator for up to one week.

Makes 4 servings. Each serving: 204 cal, 6 g fat, 30 g protein, 6 g carb.

LAURA EDWARDS

6PM: "I HAVE THIS GREAT NEW CONCEALER."

9PM: "CAN YOU GUYS KEEP A SECRET?"

SIMPLE RECIPES ON f

SAUZA MARGARITAS

LADIES NIGHT IN. SEE WHAT POURS OUT.

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It's all about corn this month Make these yummy, healthy dinners now, while you can still get farmstand-fresh corn anywhere.

6 ears of corn

2 Tbsp cider vinegar

1 (15½-oz) can black-eyed peas, rinsed, drained

1 pint cherry tomatoes, halved (about 1½ cups)

2 firm-ripe avocados, peeled, diced

3 oz feta cheese, crumbled (about ¾ cup)

Grilled corn and avocado salad

1. Brush corn with olive oil and grill (outdoors or in a grill pan) over medium heat for about 10 minutes, until lightly browned on all sides. Remove kernels from cobs with a sharp knife (you'll end up with 3 to 3½ cups).

2. Meanwhile, in a large bowl, whisk 2 Tbsp olive oil, vinegar, 1 tsp kosher salt, and ½ tsp freshly ground pepper. Add corn, black-eyed peas, tomatoes, avocado, cheese, and toss gently. Serve with a few baby greens, if desired.

Makes 4 servings. Each serving: 447 cal, 27 g fat, 13 g protein, 47 g carb.

4 ears of corn

1 lb large shrimp, peeled, deveined, tails intact

1 tsp chipotle chili powder

¼ cup low-fat mayonnaise

¼ to ½ cup grated Cotija (a crumbly Mexican cheese) or ricotta salata

2 limes

Tex-Mex corn and grilled shrimp

1. Brush corn with 1 Tbsp olive oil and grill (see instructions above) until lightly browned on all sides.

2. Meanwhile, in a medium bowl, toss shrimp with 1 Tbsp olive oil, ½ tsp of the chili powder, ½ tsp salt, and ¼ tsp freshly ground black pepper.

3. Place shrimp on grill 2 to 3 minutes before corn finishes cooking, turning once until shrimp are browned and cooked through.

4. Remove corn and shrimp from grill. Immediately spread mayonnaise all over corn. Sprinkle cobs with remaining chili powder, then roll in cheese. Serve with fresh lime wedges.

Makes 4 servings. Each serving: 261 cal, 12 g fat, 22 g protein, 20 g carb.

—RECIPES BY BARBARA CHERNETZ

DISHES, BEANS: PHOTOGRAPHED BY CON POULOS. FOOD STYLIST: FRANK P. MELODIA. PROP STYLIST: PAM MORRIS. CORN: ISTOCKPHOTO.COM. VINEGAR, TOMATOES, CHILI POWDER, COTIJA: PHOTOGRAPHED BY PHILIP FRIEDMAN/STUDIO D. AVOCADO: GETTY IMAGES. FETA: GEMMA COMAS. SHRIMP: LASZLO SELLY/GETTY IMAGES. MAYONNAISE: COURTESY OF MANUFACTURER. LIMES: DZMITRY BELSKI.

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Mmm... fish tacos Ours are just as crispy (yeah, they're fried) as On the Border's, but with a third of the calories. *Increíble!*

HOW CAN FISH BE SO FATTENING?
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On the Border's Dos XX Fish Tacos platter with Creamy Red Chile Sauce
2,330 CALORIES
147 grams of fat

WAIT! DON'T ORDER THIS...

REDBOOK's fish tacos

Sauce
- ½ cup low-fat mayonnaise
- 1 chipotle chile in adobo sauce

Tacos
- 3 Tbsp all-purpose flour
- ⅓ cup yellow cornmeal
- ½ tsp salt
- 2 large egg whites
- 2 Tbsp canola oil
- 1 lb tilapia fillets, cut into 24 (3x1-inch) pieces
- 12 soft taco-size flour tortillas
- ¾ cup shredded red cabbage and carrots combined (or bagged coleslaw veggie mix)
- ¾ cup fresh salsa
- ¾ cup shredded reduced-fat Colby Jack cheese

Sides
- 2 cups packaged Spanish rice, cooked
- 2 cups canned black beans, cooked

1. Sauce: In a blender, combine mayo and chile; pulse until blended.
2. Tacos: In a shallow bowl, combine flour, cornmeal, and salt. In another shallow bowl, whisk egg whites.
3. Heat 1 Tbsp of the oil in a large nonstick skillet. Dip 12 of the fish pieces in the egg, then the flour mixture, and tap off excess. Cook fish until golden brown, about 4 minutes, turning once. Move fish from skillet onto paper towels to drain. Heat the rest of the oil and repeat with remaining fish.
4. Place tortillas on a microwave-safe dish; cover with paper towels and microwave 30 seconds to soften.
5. Divide fish among tortillas; top each taco with 1 tsp sauce, 1 Tbsp cabbage-carrot mixture, 1 Tbsp salsa, and 1 Tbsp cheese. Serve with ½ cup *each* black beans and rice.

Makes 4 servings. Each serving: 753 cal, 21 g fat, 44 g protein, 86 g carb.

Restaurant redo
ONLY 753 CALORIES
21 grams of fat

MAKE IT HEALTHIER **AT HOME!**

PHOTOGRAPHED BY CON POULOS. FOOD STYLIST: FRANK P. MELODIA. PROP STYLIST: PAM MORRIS. INSET: BC PHOTOGRAPHY. RECIPE BY BARBARA CHERNETZ.

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100% GOOD FOR YOU

SEPTEMBER'S SUPERFOOD: RED BELL PEPPERS

Wondering if you should bother putting peppers in the salad? Definitely yes! Just half a medium red bell pepper offers up your daily need for skin-repairing vitamin A and more than your day's supply of immunity-boosting vitamin C, says Tonia Reinhard, a registered dietitian at Wayne State University in Detroit. The reason they're so rich? Red peppers are simply riper versions of green ones; because they spend more time on the plant, they develop more nutrients and fiber. Blend together peppers, chickpeas, and tahini to make homemade hummus, or roast peppers on the grill until charred and sweet (or use jarred roasted peppers in a pinch!) to add to sandwiches or puree into pasta sauce. —NICOLE YORIO

Purple potatoes, black rice, and black pasta: slightly weird looking, majorly healthy.

Greens are good, but **black** is better

Green leafies get all the love, but when it comes to fighting cancer, heart disease, and diabetes, dark purple and black foods may be the real stars. They contain powerful disease-fighting anthocyanins—the darker the food, the more good stuff it's got, says Long Island registered dietitian Karen Ansel. Along with plums, blueberries, and blackberries, look for black quinoa, black chickpeas, black rice, or purple potatoes and sub them in for white or brown versions in soups, mashes, and stir-fries. If you're feeling really adventurous, try black pasta—it's colored with squid ink, which may help fend off certain cancers. —KATE BONGIOVANNI

WE JUST CAN'T STOP EATING...

• Barbara's Puffins Peanut Butter & Chocolate cereal
"What a treat; like a peanut-butter cup in a cereal bowl," said one tester. It could pass for a kid's junk cereal, but with 3 grams of fiber and only 6 grams of sugar and 110 calories per serving, it qualifies as a healthy breakfast for anyone. "Milk's new best friend!" ($3.99 to $4.29, grocery stores)

• Kashi Zesty Salsa Pita Crisps
"They'd be good with guacamole but have enough flavor to eat all by themselves," said a staffer, plus they pack 5 grams of filling fiber in each 120-calorie serving. One tester put it best: "They're like Doritos, only better!" ($3.19, grocery stores)

• Stonyfield Organic Nonfat Frozen Yogurt Bars
Chocolate fro-yo dipped in dark chocolate? Sold. "So rich I never would've guessed they're yogurt," one staffer raved. Oh, and they're 170 calories—120 less than what's in a Häagen-Dazs chocolate & dark chocolate ice cream bar. ($5.99 for 6, natural-foods and grocery stores)

PEPPERS: PAUL POPLIS/GETTY IMAGES. POTATOES: LORENZO VECCHIA/GETTY IMAGES. RICE: ROGER DIXON/GETTY IMAGES. PASTA: WILL HEAP/GETTY IMAGES. CAN'T STOP EATING: COURTESY OF MANUFACTURER (3).

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HUNGRY GIRL'S FOOD FIX

Grabbing a **quick** bite? Order this!

Finally, the fast-food and chain restaurants are offering diet-friendly options that won't make you jealous of what everyone else is eating. Just avoid the sneaky ones that seem smart but aren't. Hungry Girl Lisa Lillien makes it simple.

SURPRISINGLY **SLIM PICKS** FOR BREAKFAST, LUNCH, OR DINNER

STARBUCKS EGG WHITE, SPINACH, AND FETA WRAP This cheesy, Mediterranean-inspired wrap is my favorite food item at the 'Bucks. It's filling, thanks to 18 grams of protein and 6 grams of fiber, but has only 280 calories and 10 grams of fat.

PANERA STRAWBERRY POPPY-SEED & CHICKEN SALAD In addition to strawberries, you get blueberries, oranges, and pineapple in this fresh choice. And the dressing has only 25 calories per serving for a total of 340 calories and 13 grams of fat.

McDONALD'S FRUIT 'N YOGURT PARFAIT Start your morning with this fast-food option and there's no damage done—it's got 4 grams of satisfying protein with only 160 calories and 2 grams of fat. Oh yeah, and it's sweet, creamy, and crunchy.

SUBWAY EGG WHITE MUFFIN MELTS Breakfast sandwiches can have scary-high stats, but not this one. Choose ham, bacon, salami, or steak, then add your favorite veggies and cheese for a total of just 150 to 220 calories.

ROMANO'S MACARONI GRILL JUMBO SHRIMP SPIEDINI Who needs heavy sauces? This skewered shrimp dish is simple but flavorful, thanks to a bit of olive oil, lemon zest, and fresh rosemary. It's served with roasted veggies, and the entire meal has only 320 calories!

CHILI'S MARGARITA GRILLED CHICKEN If you've got a big appetite, this dish is for you. For 550 calories and 14 grams of fat, you get citrus grilled chicken with rice, black beans, pico de gallo, and tortilla strips. Amazing.

BURGER KING WHOPPER JR. You *can* have a burger—just stick with a small one, like the Whopper Jr., and be sure to order it without mayo for a slim 260 calories and 10 grams of fat. Not bad!

STEALTHY CALORIE **BOMBS**

CARL'S JR. TURKEY BURGERS The new turkey burgers at Carl's Jr. are definitely better than a lot of other burger options, but the standard one still weighs in at 490 calories and 23 grams of fat. If you've gotta have it anyway, just lighten it up by holding the mayo to save 109 calories.

TACO BELL CHICKEN FIESTA TACO SALAD It's a grilled-chicken salad—how bad could it be? Try 730 calories and as much saturated fat as a beef Burrito Supreme! Any salad served in a large fried taco-shell bowl is bad news, and this one's topped with cheese, rice, extra fried tortilla strips, and sour cream. Tip: If you order it "fresco style," it'll have nearly 500 fewer calories and about 80 percent less fat.

APPLEBEE'S SIZZLING SKILLET SHRIMP FAJITAS Shrimp and veggies are usually guilt-free (see Macaroni Grill's smart pick at left), but not when they're doused in oil and butter. And that's exactly what makes fajitas sizzle on the plate. This entrée will cost you a mind-blowing 1,400 calories and 65 grams of fat. Play it safe at Applebee's with something from their "Under 550 Calories" menu.

COURTESY OF RESTAURANTS (10). ILLUSTRATION: COURTESY OF HUNGRY GIRL INC.

Get the daily dish on smart menu picks, new products, and low-cal recipes by signing up for Lisa's email newsletter at hungry-girl.com.

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PUT GOOD IN. GET GOOD OUT.®

WHAT I KNOW ABOUT FOOD

"Pioneer Woman" Ree Drummond

This mega-blogger has never met a cowboy she couldn't feed. Her cooking goal? "For people to go, 'Oh, yum!'"

Check out Ree in action on the new Food Network show *Pioneer Woman*.

"When I visit a big city, I always get sushi. I've tried to make it myself, but it's not practical to whip up when you have a craving."

"My favorite kitchen tool is a flat whisk for gravy or sauce. It flattens against the bottom of the pan and scrapes up all the good stuff going on under there."

"I did an episode of *Throwdown With Bobby Flay*. My daughter got caught on camera saying, 'Don't tell Mom, but Bobby's pumpkin bread pudding is better.'"

Will travel for eggplant. Our ranch in Oklahoma is five miles down a gravel road, and the nearest grocery store is 15 miles away. It has the basics—flour, sugar, milk, and eggs, plus produce like onions, peppers, carrots, and tomatoes—but not much else. Occasionally, I'll drive an hour and a half to Whole Foods if I need eggplant or herbs. I know it's crazy, but there's not a lot I can get locally.

Dinner time is *not* family time. We're together 24 hours a day—we work on the ranch and we homeschool our four children [Alex, 14, Paige, 11, Bryce, 8, and Todd, 7], so we don't rely on dinner to be our catching-up time. Sometimes we'll eat at the bar in the kitchen, or two kids will eat one place and the other two will eat somewhere else. If there's something good on the TV, like *The Amazing Race*, we'll all park in front of it.

Let me tell you about cowboy food. It's like the movie *City Slickers*, when the cook says, "The food's brown, hot, and [there's] plenty of it." For cowboys, eating is about refueling. Chicken-fried steak and mashed potatoes are no-brainers. I also make a mean chicken Parmesan. If they can't easily identify what's in it, they don't want it.

The males in our household are extra picky. My husband and boys refuse to touch foods with an Asian twist like ginger or sesame, or anything cooked in wine. But I'm not afraid to throw a curveball. I made a red Thai duck curry because my friend's son gave me some duck that he'd hunted. My guys wouldn't touch it with a 10-foot pole, but I ate it and had the leftovers for three days straight! —AS TOLD TO NICOLE YORIO

"I was a vegetarian for seven years, until my husband and I started dating. He cooked me a steak in sizzling butter, and it was all over for me."

"This is my husband, Ladd, in chaps. To me, the word *delicious* holds many different meanings."

4 THINGS YOU'LL ALWAYS FIND IN MY KITCHEN

BUTTER

"I'm not afraid of butter—I'm afraid of being without it!"

VANILLA

"It's my magical ingredient in pancakes and waffles."

CANNED DICED TOMATOES

"I put them in everything from chili to pasta sauce to soups."

FROZEN DOUGH

"I'll thaw it out for a quick loaf of bread or pizza crust."

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SHOP THE ISSUE

5 TRICKS TO... FINALLY GET YOUR EYESHADOW RIGHT

PAGE 75: Lancôme Color Design Sensational Effects **Eye Shadow**, $18; lancome-usa.com.
PAGE 76: Elizabeth Arden Color Intrigue **Eyeshadow Quad**, $30; shop.elizabeth arden.com. Giorgio Armani Beauty Large **Eye Contour Brush**, $41; giorgioarmani beauty-usa.com. Yves Saint Laurent Touche Éclat **concealer**, $40; yslbeautyus.com. Estée Lauder Pure Color **Shadow**, $20; Estée Lauder counters, esteelauder.com. Sonia Kashuk Pointed **Blending Brush**, $5.99; Target. Too Faced **Shadow Insurance**, $18; toofaced.com.

PRETTY SMART

PAGE 78: Missoni for Target **Bobby Slides**, $6.99 for 24; Target, target.com. Bobbi Brown Skin Foundation **Mineral Makeup** SPF 15, $38; Bobbi Brown counters, bobbibrown.com. MAC Pro Longwear **Lipglass**, $18.50; MAC locations, 800-588-0070, maccosmetics.com. Peter Thomas Roth Mega-Rich **Body Wash**, $18; hiltontohome.com. Josie Maran **REM Pen**, $32; Sephora, sephora.com. Dr. Dennis Gross Skincare Age Erase Recovery **Mask**, $48; dgskincare.com. Hourglass Film Noir **Lash Lacquer**, $28; Sephora, sephora.com. CND **Nail Polish**, $9; cnd.com for salons.

BEAUTY CALL

PAGE 80: Make Up For Ever Aqua Eyes **Pencil**, $18; Sephora, sephora.com. Heidi Klum Shine **eau de toilette**, $35; Rite Aid. Topshop **Blush**, $12; Topshop, topshop.com. Clarisonic Mia Sonic **Skin Cleansing System**, $149; Sephora, clarisonic.com, sephora.com. Chanel Rouge Coco Shine **Hydrating Sheer Lipshine**, $32; department and specialty stores, chanel.com. MAC Pro Lip Erase **concealer**, $18.50; MAC Pro Stores, 800-387-6707. MAC **Lipstick**, $14.50; maccosmetics.com.

QUICKIE BEAUTY TRICKS *YOU* CAN DO

PAGE 84: Bumble and Bumble Grooming **Creme**, $26; bumbleandbumble.com.
PAGE 85: Smashbox Halo Highlighting **Wand**, $32; Sephora. sephora.com, smashbox.com. Givenchy Magic Kajal **Eye Pencil**, $22; Sephora, sephora.com.
PAGE 88: Carol's Daughter Macadamia Heat Setting **Foam**, $18; Carol's Daughter stores, carolsdaughter.com. The Body Shop **Bronzing Powder**, $18.50; The Body Shop, thebodyshop.com. Redken Glass 01 Smoothing **Serum**, $15; redken .com for salons.
PAGE 90: Mark I-Mark Metallics **Shadow**, $5; meetmark.com. Nars Cream **Eyeshadow**, $23; narscosmetics.com. Shiseido Shimmering Cream **Eye Color**, $26; fine department and specialty stores, sephora.com. Essence **Gel Eyeliner**, $3.49; essence-cosmetics.com for retailers. Bobbi Brown Ultra Fine **Eyeliner Brush**, $25; Bobbi Brown counters, bobbibrown.com. Sebastian Shaper Plus Touchable Extra-Hold **Hairspray**, $16.95; sebastian professional.com for salons.
PAGE 92: Lancôme Color Design **Lipcolor**, $22; lancome-usa.com. Oribe Maximista **Thickening Spray**, $26; Barneys, Bergdorf Goodman, oribe.com. T3 SinglePass Whirl **styling wand**, $130; sephora.com. Giorgio Armani Eyes to Kill **Excess Mascara**, $30; giorgioarmani beauty-usa.com. Farmhouse Fresh Agave Nectar **Body Oil**, $16; farmhousefresh goods.com.

Q & TRIPLE A

PAGE 94: Clarins Vital Light **Serum**, $85; Clarins counters, clarins.com. Clinique Even Better Clinical **Dark Spot Corrector**, $73; Clinique counters, clinique.com. Lancôme Bienfait SPF 50+ Super Fluid **Facial Sunscreen**, $35; Lancôme counters, lancome.com. Obagi Professional-C **Serum** 15%, $74; lovelyskin.com. Dermablend Quick-Fix **Concealer**, $22; Macy's, Ulta, Dillard's, dermablend.com.

TAKE A STYLE RISK!

PAGE 190: Block Headwear **hat**, $50; blockheadwear.com. Tracy Reese **dress**, $748; select Nordstrom stores, 888-282-6060.
PAGE 191: Trina Turk **top**, $228; trinaturk .com. Avon Ultra Color Rich **Lipstick**, $7; avon.com.
PAGE 192: A.P.C. **shirt**, $180; net-a-porter .com. Misaki **necklaces**, $355 (left), $469 (right); misaki.com. Tucker **skirt**, $598; tuckerbygabybasora.com.
PAGE 193: Petit Bateau **top**, $78; Petit Bateau, NYC, 212-988-8885. M.C.L. by Matthew Campbell Laurenza **ring**, $380; mcldesign.net. Rag & Bone **skirt**, $395; rag-bone.com.
PAGE 194: H&M **dress**, $70; hm.com for store locations. Misaki **earrings**, $189; misaki.com. WILL Leather Goods **belt**, $140; willleathergoods.com. CC Skye **ring**, $195; ccskye.com.
PAGE 195: Yoana Baraschi **jacket**, $435; yoanabaraschi.com. Qi Cashmere **tank**, $80; qicashmereshop.com. Double Happiness **necklace**, $180; double happinessjewelry.com. Levi's **jeans**, $78; levi.com. The Frye Company **boots**, $348; thefryecompany.com. OPI **Nail Lacquer**, $8.50; opi.com for salons.

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Fight it out **or** forget it?

You're furious at your guy: Will a major throw-down help you get past it—or should you just let your anger go? Play and see. By Melissa Daly

Start here

How bad is the offense: more like pork rinds on the upholstery, or letting your daughter enroll in a pole-dancing class?

the pole

Are you physically able to keep your mouth closed?

no

yes

Impressive!

Has he done anything recently to earn a get-out-of-jail-free card (like lubing your… um… transmission)?

no

yes

Just give yourself credit for not kicking him somewhere painful.

Are the kids—you know, the ones you endlessly preach nonviolence to—within earshot?

no

yes

Oh, baby, it's on.

Will a fight mean opening the floodgates to months of stored-up rage?

yes

There's nothing more fun than a trip to the anger museum!

no

Think of it as primal scream therapy, but free.

Fight! Fight! Fight!

pork rinds

Is he one nag away from voluntarily moving into the doghouse?

yes

Well, at least he walks himself.

no

If you get seriously pissed, will he still be psyched for make-up sex?

yes

We like a man who takes a licking and keeps on… well, you know.

no

Diva.

Do you have the energy for a big ol' brawl?

yes

no

Keep the peace

If you let this felony slide, will he feel like he owes you a favor?

no

Why not just come out with it and ask for cash?

yes

ANGRY WOMAN: BALLYSCANLON/GETTY IMAGES. DOG HOUSE: DNY59/GETTY IMAGES. GIRL: TOOGA/GETTY IMAGES. COUPLE: DIAMOND SKY IMAGES/GETTY IMAGES. RED BULL, FIST, PEACE SIGN: ISTOCKPHOTO.COM.

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